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October 2022
DHS15

goodfood

Middle East

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to teach children
essential
cooking skills

Diwali special

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of lights with these
moreish Indian snacks

Spooktacular treats

Easy family-friendly Halloween recipes



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Welcome!

This October, *BBC Good Food Middle East* celebrates its 15th anniversary. The title has gone from strength to strength, sharing trustworthy tried-and-tested recipes, daily meal inspiration, family-friendly options, restaurant reviews, trend updates and much more, on a monthly basis in print and daily on bbcgoodfoodme.com. It's been an incredible journey to date, and on behalf of the team, I'd like to personally thank you, for your continued support and loyalty over the years.



We're delighted to share with you a special bake to celebrate the occasion with us. Nadiya Hussain's Strawberry lemonade cake (p38) is a stunner, best enjoyed with a freshly brewed cup of tea, surrounded by loved ones. In this issue, find a selection of lunches and suppers, as well as snacks for your next party or picnic – now that the weather permits. For gatherings at home, cook up a laid-back Italian lunch (p52) or try our autumnal recipes (p59). You can officially start planning your Halloween spread too, while children get their outfits ready for trick or treating (p71).

Looking forward to a long weekend away or an escape to cooler climes? Consider Amsterdam for fall or winter. Turn to page 90 for a luxe stay in the historical heart of the city. In addition to this, find the latest in news, three hotspots to dine at and competition prizes up for grabs.

Here's to many, many more years of *BBC Good Food Middle East*!

Nicola Montemah
Editor

These are a few of
my favourite dishes...



Liz Smyth
Sales Manager



Charred corn & feta salad



Roast chicken with dill & potatoes



Pistachio, rose & honey cakes

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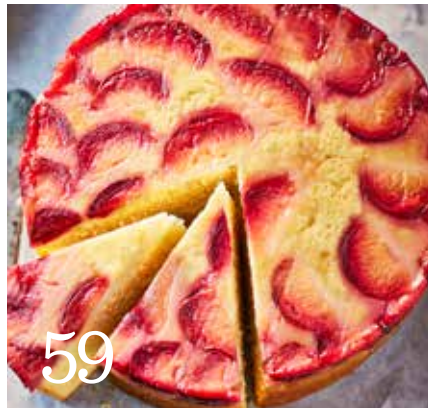
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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!



STAR LETTER



Your magazine always inspires my cooking and my entertainment habits. September's issue was filled with amazing recipes and meaningful content. My favourite segment is always the *Reduce* waste option and this month's feature *Love your leftovers* has not only left my mouth watering, but has also left me questioning the many choices we constantly face. Human beings have the privilege of choice and as responsible, mindful individuals, we should constantly strive to make better ones especially when it comes

to eating and entertaining. Limit our food wastage by cooking at home, source sustainable ingredients and re-use our ingredients to avoid tossing out what could otherwise be consumed and beneficial. The simple ideas in this segment made from everyday leftovers are ingenious. All three dips featured in the article have left my tastebuds tantalized. The best part is that they are simple to prepare with ingredients that are leftover from my previous meals. I particularly love the Beetroot hummus dip and I will definitely be making that soon. Keep posting these easy to prepare recipes, you bring out the environmentalist chef in me.

Aysha Bulbulia



In August, we travelled to USA and after staying in the hotel for so many days we were craving for something tangy and spicy that could go along with the food. My wife had packed her August edition of *BBC Good Food Middle East*, which she was browsing through on the flight. She remembered seeing the Pickled Red Cabbage recipe. We visited the grocery store close by and it was so simple to make. We added red chilli flakes and it tasted amazing. After coming back from our vacation, we tried the Honey and Lime Ice Cream, which again was a big hit.

Gurpreet Maini



I really enjoyed reading the September issue. Loved the colourful pictures that go along with the amazing easy recipes, the after school snacks for the kids, the guide to microwave cooking and the awesome spread on classic puddings! I look forward to the issues coming up during Christmas!

Savita Dsouza

WIN!

A CULINARY HAMPER FROM RENARTE, WORTH OVER AED1,050

RENARTE is a global hospitality supplies company with over 40 world-renowned brands under their distribution in the Middle East. The brand boasts an exhaustive and remarkable selection of products, ranging from complete kitchen equipment and crockery, cutlery, tabletop items, tableware, porcelain, glassware and flatware, to catering equipment, bar and stewarding gear and an impressive array of table linen. RENARTE's range of quality hospitality supplies is carefully curated to gratify and complement every need of every hotelier. One lucky winner will win a pre-packaged hamper from RENARTE, brimming with an exquisite selection of crockery, cutlery, and serve ware, for an unforgettable restaurant-level dining experience at home.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



@bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



A CHAMPION FOR SUSTAINABILITY

Organic Foods & Café is reinforcing its healthy eating mission across nine stores in Dubai and Abu Dhabi, with an extended Grab & Go range, promotional days and a reduction in fruit and vegetable prices, in an effort to get more people to live a greener life. Shoppers can expect 15% off on all organic larder products, dairy, bakery and butchery; 20% off on everything during the third week of the month, Mum's Monday offers with 50% off on all baby products during the last Monday of the month, and OFC Loyalty offers.

THE BEST BITES

Gift loved ones a gourmet sweet box this Diwali, filled with a traditional assortment of classics and the decadent sugar-free laddu. Choose from three variations including the Royal, Classic and Standard sweet box.

AED125-200 at India Palace.

SHOP LIKE NONNA



Eataly offers the finest retail selection with over 1,500 products, little chef's masterclasses and plenty more for those looking to shop and indulge in authentic Italian offerings. The Italian food market

and restaurant concept chain recently unveiled its fourth location in the UAE, at Dubai Hills Mall. The new 1,000 square-foot space and 250-cover venue comprises an outdoor terrace, marketplace, and a dedicated cheese room filled with an extensive assortment of Italian formaggi. At the deli, the expansive menu features signature pizza and pasta dishes, a variety of salads, breads (panini, focaccia, and more), and meals to go. Diners can also visit the restaurant's dedicated café for artisanal Venchi gelato including the Piemontese IGP Hazelnut flavour. The full-service Il Gran Caffé Illy bar is inspired by the elegant cafes of Italy, while the Pasticceria offers classic, homemade Italian pastries, making it the perfect coffee stop while shopping.

Visit www.eatalyaraabia.com/stores/eataly-dubai-hills/

This month we love...



Crate and Barrel's latest outdoor furniture collection sheds light on indoor-outdoor living, luxe garden items, smaller bistro-style round tables, and gorgeous dining tables and benches that are ideal for al fresco gatherings. Spruce up your space with accessories including pizza ovens, fragrant plants, linens and lighting fixtures for that cosy, winter feel.

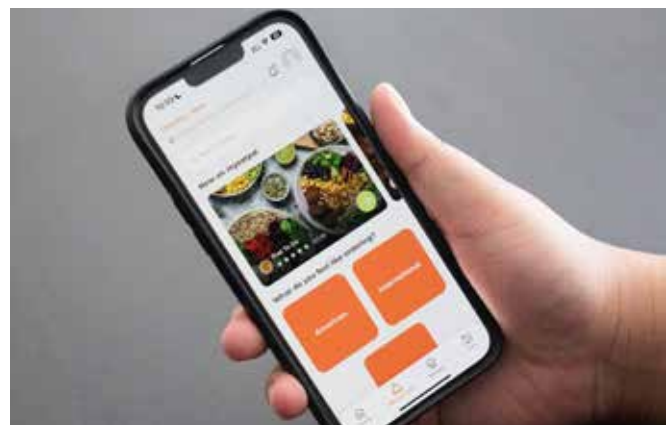
crateandbarrel.me.

Taste of Dubai is back!



The much-anticipated Taste of Dubai is making its return to the Dubai Media City Amphitheatre, from February 3-5, 2023. Spanning over three days, expect 15 of the very best restaurants in the region, world-famous chefs from all over the globe, as well as up-and-coming culinary talent. Each restaurant will feature a menu of three dishes, served in taster-size portions, so that festival visitors can create their own tasting menu from the line-up. Live entertainment from the UAE's bands and DJs will further add to the festival vibes. Other zones to keep a look out for include the Taste VIP Lounge, the Kids Village and a retail-therapy area showcasing the very best of food, drink and lifestyle items from artisan and local producers. Visitors looking for an interactive experience can learn from their favourite celebrity chefs at Taste's first-ever barbeque school, as well as pasta, coffee and mixology masterclasses, and food styling and photography workshops.

Visit www.tasteofdubiaifestival.com



Order with ease

MyEatPal is a wellness platform and user-friendly, healthy delivery app that connects individuals to restaurants and offers personalised recipes based on their preferences. Those finding it hard to stay on the bandwagon with their meal plan can order healthy meals filtered to dietary preferences. With a click of a button, select your diet, avoidances, and macro preference, and watch as the algorithm matches you with restaurants, dishes, and recipes. You can also filter at the dish level, instead of the restaurant level, to ensure your healthy meals are filtered down to the last ingredient.

Visit [@myeatpal](https://www.instagram.com/myeatpal) on Instagram for more information.

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Flavours of the *month*

What's hot and happening
around town this month

COYA DUBAI

Elevated by the outstanding skyline views of Downtown Dubai, COYA has reopened its doors, presenting a 360-degree immersive experience, which maintains the same upbeat vibe throughout the open-plan restaurant and bar. Neutral hues and Peruvian artefacts are enhanced by intrinsic details with lavish elements. Ranked Number 13 on the esteemed MENA 50 Best Restaurants list 2022, COYA Dubai continues to offer a delightful menu of authentic Peruvian cuisine, including ceviche, anticuchos, guacamole and more. The newly curated menu for the bar highlights homemade infusions, taking the art of mixology to even greater heights. Extending the brand's dedication to its music-focused DNA, the DJ booth will now be centrally positioned within the restaurant, boasting an exciting line-up of DJs and world-renowned artists throughout the year.

Visit coyarestaurant.com/restaurants/dubai/.



SOUL ST.

HoleeMolee it's Taco Tuesday at Soul St! The humble taco gets a gourmet upgrade at this unlimited taco evening, showcasing a novel menu of speciality tacos inspired by the most celebrated street food dishes from around the world. Enjoy hard and soft shell tacos in innovative flavour combinations from Crispy nori to Beef shawarma, Paneer and even a surprise dessert taco menu! Wash it all down with Bougie beverages while you vibe to the DJ's best Latino beats.

Tuesdays, 7-10pm. AED99 per person. Visit soul.st.



👉 RASPUTINE

The iconic Rasputine expands to the very heart of DIFC, following successful openings in Los Angeles and Miami. An institution on the Parisian circuit for notable celebrities, tastemakers and jet setters, diners can expect a decadent dinner-and-party show at the Dubai outpost, with a menu of reimagined Russian classic dishes with French flair. Spaghetti and caviar, Wagyu beef pirojkis and foie gras pelmeni are specials to look forward to. Rasputine's legendary Deep House music sets the backdrop, while the interiors will reflect the signature red, with velvet touches and baroque-style chandeliers.

Visit [@rasputine.dubai](#) on Instagram.



👉 THE NICE GUY

Reservations-only restaurant concept, The NICE GUY is coming to Dubai, all the way from LA. Set to open at Dubai's Emirates Towers this autumn, the restaurant and lounge will honour the original nostalgic décor, paying homage to the decadent era of Mafia bars and restaurants, in addition to a romantic-lit outdoor patio terrace. Complete with classic Italian cuisine including signature items and crafted concoctions, expect dining hours to transition into nightlife, with live entertainment and DJ sets. Tuck into Italian plates with a unique LA stamp featuring Lobster pizza, Kale salad, Cacio e Pepe, and a special late-night menu offering Truffle fries and Blue crab arancini, amongst other creations.

Visit [@theniceguydubai](#) on Instagram.



👉 SALERO TAPAS & BODEGA

From Málaga, Spain, Michelin-starred Chef Diego Gallegos will be collaborating with this refined eatery to serve a curated set menu that reflects the best of Spanish tradition and heritage. Known as "The Chef of Caviar", Chef Diego is lauded for his unique culinary approach, offering freshwater fish in cold tapas, hot tapas and shared paellas. Diners will be treated to Huelva-style cold sea bass, Ajoarriero-style lobster and classic Paella with grilled baby squid and aioli. The delectable Churro with spiced chocolate will be the perfect end to a sumptuous meal.

October 3-8. AED395 for the soft beverage package and AED550 for the grape pairing package. Contact +9714 409 5888.



👉 ZHENG HE'S

Get ready for the return of the renowned Yum Cha Brunch at this stunning waterside restaurant at Jumeirah Mina A'Salam. The dim sum menu comprises classic and unique creations with highlights including the Crystal lobster dumplings, BBQ chicken bun, mushroom dumplings, and vegetable spring rolls. Mains showcase fried rice and hand-pulled noodles with a choice of chicken or beef. For a sweet finish, dive into the Sago pearls with fresh mango, fresh fruit and ice cream. Ambient tunes from the live band enhance the experience, while kids are entertained with face painting, arts & crafts and the interactive wet noodle station.

Saturday from 1-4pm. From AED275 per person. Contact 800 323232.

👉 CINQUE

Palermo-born Executive Chef Mauro Di Leo brings his Italian-led cooking approach with Japanese influences, to the award-winning Italian restaurant hailed for its fun-fine dining ethos and Amalfi Coast-inspired dishes. With his new role at FIVE Palm Jumeirah, Chef Leo will launch an energetic new Cinque Chapter serving pizzas with luxe components such as Italian Alba white truffles, Oscietra caviar and Belfago tuna, alongside Fassona tartar with smoked truffle sauce and cured Italian egg yolk, Foie gras with balsamic glaze, Amalfi lemon gel and sesame sand as well as Spaghetti with Sicilian red prawns and Trapanese pesto sauce, and the must-try, Risotto 'Acquarello' with bubbly, lime and caviar.

Contact +9714 455 9989.



👉 MULBERRY TAVERN

This neighbourhood gastropub at Hilton the Pearl is gearing up for football season this November, inviting guests to celebrate the finest in sports while indulging in classics including the flavoursome fish and chips, and tenderly glazed slow-cooked beef brisket.

Visit mulberrytaverndoha.com.



BUSINESS LUNCH OF MEDITERRANEAN DREAMS

Immerse yourself in Italian charm and Capri vibes at Lucia's



Given that Lucia's fluently speaks the language of Italian conviviality, the business lunch teeming with delightful Italian dishes will ensure an outstanding meal with colleagues and friends who want to catch up mid-day.

The three-course meal commences with the Insalata Caprese, an Italian classic comprising mozzarella cheese, beef tomatoes, basil, and finished with a touch of pesto, or the Tartare di Salmone, featuring the freshest salmon combined with shallots, capers, parsley, and a Capri lemon dressing. Alternatively opt for Black Angus Beef Bresaola served with marinated grilled vegetables or Fritto Misto Capritano, a delightful medley of saffron arancini, veal ham, smoked cheese croquette, calamari, and Capri lemon mayo.

The magnificent main course affair showcases fresh seafood, meat, and pasta to ensure every craving is satiated. Feast on Homemade Ravioli with Spinach & Ricotta, topped with a Butter Emulsion and

Fried Sage, while seafood lovers tuck into the Seared White Cod, Cherry Tomatoes Sauce, Black Olives, and Caper Sauce. Diners can also choose from either the Black Angus Beef Rib Eye served with Salad or Pan-Fried Chicken Escalope with Lemon Butter Sauce and Roasted Potatoes. End with the delectable Vanilla Pannacotta, Peaches, Almond Biscuit Crumble or a medley of Vanilla, Pistachio, Chocolate, and Lemon Gelato.

This resplendent restaurant at Address Sky View boasts a spectacular Capri aesthetic, with pulsating blurs of yellow and blue, lush greenery and an outdoor feel with large windows flooding the space with natural sunlight.

Lucia's must be seen to be believed, awash with enchanting Mediterranean vibes. We know that you'll leave feeling truly overjoyed with La Bella Vita, already planning your next visit to Lucia!

RESERVE A TABLE A la carte option available daily from 12-4pm. The business lunch is from Monday to Thursday, 12-3pm, for AED140 per person.

Contact 04 422 4321 or email reservations@luciasdubai.com

Tried & tasted

Our top dining experiences this month

VARQ, TAJ EXOTICA RESORT & SPA

The Taj Exotica Resort & Spa is an idyllic escape looking out to the Arabian Gulf and Dubai's stunning skyline. The moment we arrived at the venue, the feeling of a refined evening set in right away with the lobby's opulent design and interiors in hues of gold and blue.

Expect a magnificent dining experience with the Spice Soirée brunch at Varq Dubai, featuring exquisite Indian flavours and culinary traditions. The artistry and sophistication of Indian cuisine and bespoke concoctions, with an alluring ambience, presented an unforgettable evening. After a quick walk around the premises, we took our seats and geared up for the spectacular journey ahead of us.

Menu highlights

I have to admit, it took a while before I chose which dish to pursue, as every option on the starter's menu looked

marvellous. To begin, I ordered the artfully platted non-vegetarian starter selection comprising Varqui crab, velvety crab meat layered beautifully with crisp filo sheet, topped with juicy tandoori shrimp featuring fragrant spices. Next, the plump Achari haldi fish tikka embedded in creamy yellow chilli hung curd and organic garlic pickle was sublime with spicy and tangy notes, while the Ganderi fried chicken kebab on a sugarcane stick with date sauce at the bottom, was a great combination of creative ingredients. We also relished the tender lamb Galawat kebab infused with green pesto and clove - which lent smokiness to the meat - sandwiched in saffron bread.

We dove right into the Green chilli tulsu with pan-seared Chilean seabass, flavoured with basil and pine nut, and immersed exquisitely in a mango and coconut curry. This dish evoked subtly sweet and tangy flavoursome goodness. Pair mains with the sensational Varqui



dal, saffron basmati rice and freshly made tandoori naans for an indulgent finish.

A divine dessert selection was served to the table right after, featuring the exquisite Tilla kulfi with saffron, malai rose and beaten edible silver, a lush and rich treat I devoured. Followed by Varqui jalebi (trio of jalebi) soaked in pepper cardamom, passion fruit and saffron, topped with gold sheet slivers and Elaneer payasam, a creamy pudding mixed with tender coconut, jaggery, green cardamom and chia seeds that tantalized the tastebuds. Lastly, the lip-smacking Gulkand (rose petal marmalade) gulab jamun with cottage cheeseballs in an incredibly sweet syrup was spectacular, awakening all the senses.

Book Now:

Call +9715 8569 1033 for reservations.





FLAMINGO ROOM BY TASHAS

Tucked away at Madinat Jumeirah's lagoon with shimmering views of the Arabian Gulf, this restaurant oozes sophistication and a neighbourhood sanctuary feel. Flamingo Room by Tashas' boasts sensational flavours inspired by African glamour and a new menu with an alluring atmosphere, offering a one-of-a-kind dining experience. The venue features vibrant yet warm interiors with peach-pink tones, a relaxing ambience and captivating decor. Gather friends for an evening filled with exquisite creations and artisanal concoctions.

Menu highlights

Our evening began with the starter selection featuring Scallop crudo slices elevated with lime crème fraîche, and yuzu dressing served with tiny yuzu pearls, topped with pickled cucumber, radish, and croutons for the perfect crackle. My dining partner and I loved the zesty, savoury fusion of flavours. The Asparagus crêpe with smooth, buttery cream cheese, and parmesan, heightened the sharpness of the dish, while the parmesan crisp added the

perfect crunch and texture. Warm Crab and lobster croquettes followed, and were absolutely sensational, served on a bed of fennel salad drizzled with lemon vinaigrette and herb oil.

The main event followed with a tender Sunday beef roast perfectly cooked and served with an aromatic mushroom mix, boulangère potatoes with a crisp surface, broccoli with mustard crème and a silky porcini jus. We savoured the Dover sole, a



satisfying classic immersed in beurre noisette, topped with capers and fresh herbs, served with buttered leeks and garnished with pops of salmon roe and bottarga. I truly enjoyed this dish with fragrant spices, as it was light yet comforting. Ending the entrées, the Salmon wellington was a sublime, wholesome parcel of salmon with buttery puff pastry, savoy cabbage and kale pesto.

To round off the meal, we shared three desserts including a classic Panna cotta with sweet and tart berry jelly, adorned with blackberry dust and edible gold leaf; Cream puffs of brioche dough doughnuts, dusted with cinnamon sugar, filled with whipped cream, homemade peach jam, and served with decadent chocolate and caramel sauce, and Twisted cannelé, a warm Cape Malay treat, adorned with coconut, served with house-made soft serve and sweet cardamom custard. Each was distinct in its own way, but equally delectable, offering the perfect finish to the evening.

Book Now:

Call +9714 244 7278 for reservations.

MINA'S KITCHEN, THE WESTIN MINA SEYAH

The award-winning Bubblicious Brunch unveiled The Roast by Bubblicious, a royal English Sunday roast. We stepped into a grand buzzing dining hall featuring an inviting ambience, opulent interiors in earthy tones of brown and emerald with marble tables, and eye-catching lighting fixtures framed on the walls, with floor-to-ceiling windows that allowed for plenty of natural light.

The restaurant serves up a weekend Sunday roast and other British classics, with over ten live cooking counters and a magnificent spread of decadent desserts, alongside live music and entertainment. For children, a range of fun-filled activities such as an arts & crafts table, Jenga, mini golf, magic shows and spectacular acrobatic performances are on hand to keep little ones busy.

Menu highlights

Each table is set with a pink floral arrangement, golden cutlery and a majestic personal note from the team, thanking us for making it to The Roast - these little touches elevate the dining experience. The impressive buffet was brimming with dishes including Shepherd's pie with roasted mashed potatoes that I just could not resist, and the Golden-battered British haddock, with chunky chips, crushed peas, tartare sauce and malt vinegar, which was delicate inside, with a perfect crisp to the coat.

As my dining partner and I strolled around the venue, we came across the meat carvery counters and helped ourselves to succulent Roasted ribs with red grape sauce and freshly grated horseradish cream, and the comforting Crispy spit roast chicken with aromatic thyme & onion stuffing and wholegrain hop mustard, which hit the spot!

For authentic British flavours, we treated ourselves to flavoursome BBQ beef brisket, Yorkshire puddings, crisp roasties, buttery mashed potatoes with an array of unlimited gravies and more. The dishes came together beautifully with flavours and textures complimenting each other, and we couldn't help but go for a generous second serving.

Hitting pause on the impeccable mains, we stepped outside to take in the gorgeous views and sway along to the live band playing British tracks, from Oasis to Eurythmics. Although we were full, for a sweet ending we shared a sinful chocolate cake, macarons and warm, decadent apple pie.

Book Now:

Contact +9714 511 7373 for reservations.





WHOLESOME BREAKFAST AT CAFÉ BEIRUT

Popularly known as Kahwet Beirut, the Al Murooj Complex Downtown outpost now welcomes diners for a sumptuous breakfast served all day long





Kickstart your morning at Café Beirut, where enticing set menus have been curated for an authentic breakfast experience. Diners can opt for the Breakfast Tray, which includes Labneh, Foul, Balila, Cheese, Ham and Butter, Thyme with Oil, Shanklish, Halawah, and Vegetables for only AED68, or the Café Beirut Breakfast Tray offering Mini manakeesh and Eggs for just AED110. Alternatively, enjoy the à la carte All-Day Breakfast including exquisite Eggs and Soujouk, Grilled Halloumi, tasty Musabaha, and delicious Labneh with Zaatar, among others.

Nothing beats breakfast with a stunning view of the Burj Khalifa from the gorgeous garden, especially now that the weather permits. The expansive indoor area is enhanced by a traditional ceramic water fountain and an olive tree, evocative of the 1950s - the golden age of Beirut. The

brand is a tribute to an age gone by, when the city was bountiful with life and culture. Black and white Beirut portraits of the era are hung on the round see-through domed ceiling, allowing the sun's rays to flow into the main dining room for a relaxed vibe.

Café Beirut captures the best of the Lebanese capital's trademark traits, from the shisha section to kaak vendors, fresh juices, coffee places, and copious amounts of mouthwatering food to suit all tastebuds. The café bears the essence of Lebanese culture with a unique twist, its décor a testament to the city's status and mastery as a melting pot for oriental, earthy, warm patterns and of refined, trendy modernity.

Start your day right and head on down for a breakfast you will surely want to re-visit soon after.



COOKING PROJECT

Teatime treat

Make these bite-sized victoria sponges for a birthday celebration or special afternoon tea. Choose your favourite jam for the filling, then add sweetened whipped cream



Mini victoria sponges

MAKES 12 **PREP** 20 mins plus cooling **COOK** 20 mins **EASY**
V sponges only

150g unsalted butter, softened
 150g golden caster sugar
 2 eggs
 1 tbsp milk
 ½ tsp vanilla extract
 150g self-raising flour
 250ml double cream
 2 tbsp icing sugar, plus extra for dusting
 185g jam of your choice (strawberry or raspberry works well)

1 Heat the oven to 180C/160C fan/gas 4 and line a 12-hole muffin tin with paper cases. Beat the butter

and caster sugar together using an electric whisk until pale and fluffy, then whisk in the eggs, one at a time, scraping down the sides of the bowl after each addition.
2 Add the milk, vanilla, flour and a pinch of salt, then beat again until smooth. Divide the batter evenly between the paper cases – this can be easily done using an ice cream scoop. Bake for 17-20 mins, or until the sponges are golden, risen and a skewer inserted into the middles comes out clean. Leave to cool in the tin for 10 mins, then transfer to a wire rack to cool completely. *Once completely cool, the sponges can be frozen for up to three months.*
3 When the sponges are completely cool, remove the paper cases, then split each one in half through

the equator using a small serrated knife. Set aside.

4 Whip the cream and icing sugar together to soft peaks using an electric whisk. Spread a little jam over the sponge bases, then spoon or pipe over a dollop of whipped cream and sandwich with the sponge tops. Dust with extra icing sugar before serving. Best eaten on the same day.

PER SERVING 380 kcals • fat 25g • saturates 15g • carbs 36g • sugars 27g • fibre 1g • protein 3g • salt 0.2g

TWIST IT!

Citrus Swap out the jam for **lemon** or **orange curd** and add **1 tsp citrus zest** to the sponge batter

Chocolate Replace 2 tbsp of the flour with **2 tbsp cocoa powder** and fill with **chocolate buttercream**

Double-berry Add a layer of **sliced strawberries** on top of the jam to bump up the fruity flavours

BEETROOT + CHOCOLATE

YES, IT WORKS!

Adding vegetables to cakes isn't a new thing – the classic carrot cake, for example. Some vegetables in particular help deepen flavour in sweet treats and provide moisture as well as nutrition. Try grating a cooked (not pickled!) beetroot into your chocolate cakes or brownies. Visit bbcgoodfoodme.com for our beetroot and chocolate recipes.



BEETROOT

CHOCOLATE

KITCHEN HACK

Make your pizza cutter work harder

The sharpness and mobility of a pizza cutter makes it useful for lots of other kitchen jobs. Try using it to cut soft herbs, such as parsley, coriander or dill, by quickly moving it back and forth until they're roughly chopped.

A pizza cutter also works well for trimming pastry, or use it to cut quesadillas into little triangles.



Discover more burger recipes at bbcgoodfoodme.com

STEPS TO SUCCESS

HOMEMADE BURGERS

The meat

Shop-bought mince is the easiest choice, but you have no control over what cuts are in it. If you do opt for shop-bought, buy mince that's 12-15% fat for succulence. Chopping your own beef from chuck steak is a revelation – your burgers will be juicier than anything you can buy. Alternatively, ask your butcher to mince chuck steak while you wait, then cook it as soon as you can.

Simple seasoning

You'll find lots of seasoning ideas on bbcgoodfoodme.com, but a good basic burger is all about the flavour of the meat – simply season it with salt and pepper.

Keep it tender

Don't overwork the meat, and keep it as cold as possible. The more you scrunch the meat, the tougher the

burger; the warmer the mince, the more the fat will turn to mush. Keeping it cold keeps the burger succulent, so shape it and leave it.

The perfect fit

Your burger should be a third wider than the bun. It will shrink as it cooks and then it will fit the bun perfectly.

Get cooking

Put a large, heavy frying pan over a medium heat. Sear the burgers, pressing down with a spatula as they cook, for 4-5 mins on each side for medium rare, or 6-7 mins for medium. On a barbecue, sear the burgers over ashen coals or on a high gas setting for the same times.

The build

Start with the bottom bun, then the burger and build up from there. That way, the juices will soak into the bun.



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easy

Delicious, simple,
and easy-to-
make recipes



midweek meals

■ budget meal plan, page 22



veg box star

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1 ingredient – 3 ways

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reduce waste

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midweek meals

budget meal plan

Make your weekly shop go further with recipes by **Claire Thomson**, packing in all the nutrition needed for a family of four

photographs TOM REGESTER



Stir-fried beef with ginger



Monday

Tuna, spring onion & sweetcorn fritters

Tuesday

Sausage & broccoli pasta

Wednesday

Chickpea & courgette pilaf

Thursday

Turbo beans & cheese on toast

Friday

Coconut fish curry & rice

Saturday

Spiced chicken kebabs with chopped salad & flatbreads

Sunday

Stir-fried beef with ginger



Claire Thomson is a professional chef and food writer. She has written for various publications and appeared on BBC One's *Saturday Kitchen*, BBC Radio 4's *Woman's Hour* and on Cerys Matthews' BBC Radio 6 show. Claire is the author of seven cookery books, including *Camper Van Cooking* and *The Art of the Larder*. Her new book, *Tomato* (Quadrille) is out this month. @5oclockapron



Tuna, spring onion and sweetcorn fritters

your shopping list

FRIDGE

4 pork sausages
640g diced chicken thighs
350g lean beef
125ml milk
300g soured cream
150g grated cheddar
200g Greek yogurt
50g grated pecorino or Italian-style hard cheese

FREEZER

250g frozen sustainable white fish
300g frozen sweetcorn

VEGETABLES, FRUIT & FRESH HERBS

1 medium broccoli
4 onions

4 lemons
2 medium courgettes
2-3 garlic bulbs
250g prepared diced butternut squash and sweet potato
2 limes
50g ginger
small bunch of coriander
1 cucumber
1 Little Gem lettuce
1 lemongrass stalk
1 green pepper
3 bunches of spring onions
small bunch of basil
small bunch of coriander
small bunch of dill

STORECUPBOARD

150g self-raising flour
6 eggs

2 x 112g cans tuna
800g long-grain rice
1.2kg plain rice
2 x 400g cans chickpeas
400g short pasta (such as orecchiette or penne)
2 x 400g cans beans of your choice
400g can chopped tomatoes
400ml coconut milk
4 flatbreads
4 tsp brown sugar
50g roasted peanuts
4-8 slices crusty bread

DRIED SPICES

5 tsp chilli flakes
4 tsp ground cumin
2 tsp ground coriander
2 tsp ground turmeric

1 tsp smoked paprika
2 green cardamom pods (optional)
1 heaped tsp fennel seeds (optional)
1 tsp ground cinnamon

OILS & SAUCES

300ml sunflower or vegetable oil
2 tbsp tomato purée
1 tbsp soy sauce
2 tbsp fish sauce
2 tbsp tamarind paste (optional)
2 tbsp grated ginger
chipotle chilli paste (optional)

Stir-fried beef with ginger

SERVES 4 **PREP** 20 mins plus
marinating **COOK** 8 mins **EASY**

350g lean beef, cut across the grain
into thin slices (a quick-cooking
cut, such as minute steak)
1 lemongrass stalk, trimmed
and finely chopped
1 tbsp soy sauce
2 tbsp fish sauce
4 tsp brown sugar
½ tsp chilli flakes
1 lime, juiced
3 tbsp vegetable oil
1 green pepper, thinly sliced
2 bunches of spring onions, green
and white parts separated and
finely sliced
6 garlic cloves, finely chopped
1 tbsp grated ginger
small bunch of basil or purple
basil, leaves picked and
roughly chopped
cooked rice (about 250g uncooked
weight), or cooked rice noodles
50g roasted peanuts,
roughly chopped

- 1 Toss the steak, lemongrass, soy sauce, half the fish sauce, half the sugar and half the chilli flakes together. Marinate in the fridge for at least 20 mins or up to 6 hrs.
- 2 Mix the remaining fish sauce with the lime juice, remaining chilli flakes and sugar, and 3 tbsp water, then set aside.
- 3 Heat 1 tbsp of the vegetable oil in a large non-stick or cast iron wok or

frying pan over a high heat. Once hot, tip in half the marinated steak and stir-fry for 2 mins until just cooked, then remove to a large plate using tongs or a slotted spoon. Repeat using another 1 tbsp oil and the remaining beef. Remove to the plate, then remove the wok or pan from the heat and give it a quick wipe using kitchen paper.

- 4 Add the remaining oil to the pan, put back over a high heat and fry the green pepper and the white parts of the spring onion. Stir-fry for 2-3 mins, then add the garlic and ginger and stir-fry for about a minute. Return the steak to the pan, stir well, then add the lime dressing and most of the basil leaves, mixing well to coat.
- 5 Divide the stir-fry between four bowls and serve with cooked rice or rice noodles. Scatter with the chopped peanuts, the remaining basil leaves and the green parts of the spring onions.

PER SERVING 324kcal • fat 19g • saturates 3g •
carbs 11g • sugars 8g • fibre 3g • protein 3g • salt 2.4g

Tuna, spring onion & sweetcorn fritters

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY**

125ml milk
3 eggs, beaten
150g self-raising flour
300g frozen sweetcorn, defrosted
(or use cooked fresh corn)
½ bunch of spring onions, trimmed
and thinly sliced
1 lemon, zested and cut into wedges
2 x 112g cans tuna, drained and
roughly flaked
sunflower or vegetable oil, for frying
100g soured cream, to serve
hot sauce, to serve (optional)

- 1 Mix the milk and eggs together in a jug with ½ tsp salt and ¼ tsp ground black pepper. Sift the flour into a bowl, make a well in the centre and pour in the egg mixture in a thin, steady stream, whisking well until combined. Stir in the sweetcorn, most of the spring onions, lemon zest and tuna.
- 2 Heat a drizzle of oil in a non-stick or cast iron frying pan over a medium heat. Drop spoonfuls of the batter into the pan and cook until crisp and golden, about 2-3 mins. Flip and repeat on the other side (you'll need to do this in batches). Keep warm in a low oven and repeat with the remaining batter.
- 3 Serve hot with a scattering of the remaining spring onions, the lemon wedges for squeezing over, and soured cream and hot sauce, if you like.

GOOD TO KNOW fibre
PER SERVING 331 kcal • fat 10g • saturates 3g •
carbs 38g • sugars 4g • fibre 6g • protein 20g • salt 1.4g

Chickpea & courgette pilaf

SERVES 4 PREP 15 mins

COOK 35 mins EASY V

4 tbsp vegetable oil, sunflower oil or olive oil, plus extra to serve
1 onion, finely chopped
4 garlic cloves, finely chopped
½ tsp ground cinnamon (optional)
2 tsp ground cumin
300g long-grain rice
1 lemon, zested and juiced
2 medium courgettes (about 300g), cut into 1cm slices
2 x 400g cans chickpeas, drained
pinch of chilli flakes (optional)
small bunch of dill, mint or parsley, roughly chopped

1 Heat 2 tbsp of the oil in a pan over a medium heat and cook the onion for 8-10 mins until softened. Add the garlic and spices, and cook for 2 mins more until fragrant. Tip in the rice and 450ml boiled water from the kettle along with the

lemon zest and ½ tsp salt. Cover, reduce the heat to medium-low and cook for 20 mins, or until all the water has been absorbed and the rice is cooked through. This process can also be done in the oven – cook in a flameproof, ovenproof casserole and transfer to the oven once the rice and water have been added, covering and cooking for 20-25 mins at 190C/170C fan/gas 5.

2 Heat the rest of the oil in a second pan over a medium-high heat and fry the courgette slices for 4 mins until slightly coloured and the edges are just softened. Stir in the

chickpeas and cook for 2 mins more until warmed through. Season well.

3 When the rice is cooked through, add half the lemon juice and fluff up the rice with a fork. Add the chilli flakes, if using, and chopped herbs to the courgette and chickpea mixture. Season well. Stir in the remaining lemon juice along with a splash more oil. Serve the rice with the courgettes.

GOOD TO KNOW vegan • healthy • low cal • fibre • gluten free

PER SERVING 407 kcal • fat 16g • saturates 2g • carbs 47g • sugars 4g • fibre 10g • protein 14g • salt 0.6g



Spiced chicken kebabs with chopped salad & flatbreads

SERVES 4 (makes 8 skewers)

PREP 30 mins plus marinating

COOK 15 mins **EASY**

200g Greek yogurt
 ½ tsp ground cinnamon (optional)
 2 green cardamom pods, pods bashed and seeds finely ground (optional)
 1 tsp ground cumin
 1 tsp ground turmeric
 pinch of chilli flakes (optional)
 2 garlic cloves, crushed
 1 lemon, zested and halved
 640g diced chicken thighs
 1 cucumber, peeled, ½ coarsely grated, ½ finely chopped
 1 Little Gem lettuce, thinly sliced
 4 flatbreads
 hot sauce, to serve (optional)

1 In a bowl, combine half the yogurt with the spices, half the garlic, the lemon zest and ½ tsp salt. Tip in the chicken and stir well to coat. Cover

and marinate in the fridge for at least 30 mins or overnight.

2 Mix the grated cucumber and remaining garlic into the remaining yogurt, then season with a pinch each of salt and pepper. Chill.

3 Mix the finely chopped cucumber and lettuce together, then squeeze over one of the lemon halves and season with a good pinch of salt. Cut the remaining lemon half into quarters. Heat the grill to high or a large griddle pan over a high heat.

4 Thread the marinated chicken pieces onto metal skewers, put on a tray and cook under a hot grill or in the griddle pan for 10-12 mins, turning often to ensure they cook evenly and are charred in places. Warm the flatbreads under the grill or in a toaster.

5 Serve the chicken in the flatbreads with the chopped salad and cucumber yogurt. Drizzle with hot sauce before serving, if you like.

PER SERVING 722 kcal • fat 46g • saturates 12g • carbs 38g • sugars 10g • fibre 5g • protein 38g • salt 2.8g



Coconut fish curry & rice

SERVES 4 **PREP** 10 mins

COOK 20 mins **EASY**

250g frozen sustainable white fish, cut into bite-sized pieces
 1 lime, juiced
 1 tsp ground turmeric
 3 tbsp vegetable oil or ghee
 1 large onion, finely chopped
 1 tbsp grated ginger
 3 garlic cloves, thinly sliced
 2 tsp ground cumin
 2 tsp ground coriander
 ½-1 tsp chilli flakes or powder, to taste
 2 tbsp tomato purée
 250g prepared diced butternut squash and sweet potato mix
 200ml coconut milk
 2 tbsp tamarind paste (optional)
 small bunch of coriander or mint, roughly chopped
 cooked rice (about 250g uncooked weight), to serve

1 Tip the fish into a large bowl, add ½ tsp each of salt and freshly ground black pepper, half the lime juice and half the turmeric. Stir gently to combine. Set aside.

2 Heat the oil in a frying pan over a medium heat and cook the onion until softened, about 8-10 mins. Add the ginger, garlic, ½ tsp salt, all the spices, including the remaining turmeric, and cook for 2 mins more until fragrant. Stir in the tomato purée and cook for a minute more, still stirring. Tip the squash and sweet potato mix into a heatproof bowl with a splash of water, cover and microwave on high for 3 mins until the veg is fork-tender. Tip into the pan with the onion and spices, and stir to combine.

3 Add the coconut milk, 180ml water, tamarind paste, if using, and a pinch of salt and black pepper. Simmer over a medium heat for 10-12 mins until thickened.

4 Add the fish to the coconut sauce and cook for 4-6 mins until the fish is opaque and cooked through. Break it into chunky flakes with a wooden spoon. Remove from the heat, stir in the remaining lime juice and scatter with fresh coriander or mint. Serve straightaway with rice.

GOOD TO KNOW fibre • gluten free

PER SERVING 497 kcal • fat 19g • saturates 8g • carbs 63g • sugars 10g • fibre 6g • protein 16g • salt 2.1g



Sausage & broccoli pasta

SERVES 4 **PREP** 10 mins

COOK 15 mins **EASY**

3-4 tbsp sunflower or olive oil
 1 onion, finely chopped
 4 pork sausages
 1 heaped tsp fennel seeds (optional)
 4 garlic cloves, finely chopped
 400g short pasta of your choice, such as orecchiette or penne
 1 medium broccoli, chopped into small florets
 1 lemon, juiced
 pinch of chilli flakes, or to taste (optional)
 50g pecorino or another Italian-style hard cheese

1 Heat 2 tbsp oil in a pan over a medium heat and fry the onion for 8-10 mins until soft and translucent.

2 Squeeze the sausagemeat from the skins and crumble into the pan. Drizzle

in another 1 tbsp oil, turn up the heat to medium-high and fry until the sausagemeat has started to colour and turn slightly crisp in parts, about 5-6 mins. Lightly crush the fennel seeds using a pestle and mortar, then add to the sausagemeat along with the garlic and cook for 1 min more until fragrant. Remove from the heat and set aside.

3 Bring a large pan of salted water to the boil and cook the pasta following pack instructions, or until al dente. Halfway through the cooking time, add the broccoli. When the pasta is cooked and broccoli tender, drain in a colander, reserving a mugful of the cooking water.

4 Stir the cooked broccoli and pasta into the sausage mixture to fully combine everything. Season well. Stir through the lemon juice, chilli flakes and a splash of the reserved cooking water to loosen if needed (or use another 1 tbsp oil, if you prefer). Divide the pasta between bowls, grate over the cheese and serve.

GOOD TO KNOW fibre

PER SERVING 648 kcal • fat 24g • saturates 7g •
 carbs 78g • sugars 7g • fibre 9g • protein 25g •
 salt 0.9g



Turbo beans & cheese on toast

SERVES 4 **PREP 7 mins**
COOK 35 mins **EASY** **V**

2 tbsp vegetable oil or another oil
1 large onion, finely chopped
4 garlic cloves, finely chopped
1 tsp smoked paprika, plus a pinch to serve
1 tsp ground cumin
chipotle chilli paste or chilli flakes, to taste (optional)
200g can chopped tomatoes or passata
2 x 400g cans beans of your choice

(kidney and cannellini work well),
drained and rinsed
4-8 slices crusty bread
150g grated cheddar

1 Heat the oil in a heavy-based frying pan over a medium heat and fry the onion for 8-10 mins until softened and slightly caramelised. Add the garlic and spices, including the chipotle chilli paste or chilli flakes, if using, and some seasoning. Fry for a few minutes more until the mixture is fragrant.

2 Add the tomatoes, then swirl out the cans using 100ml water and add this too. Simmer for 10-15 mins until

the mixture has thickened. Blitz the sauce using a hand blender, then taste for seasoning. Tip in the beans and mix well to coat. Warm through over a medium heat for 5 mins until the beans are piping hot.

3 Heat the grill to high and toast the bread for a couple of minutes each side. Top with the beans and grated cheese, and pop under the grill again until the cheese is melted and bubbling. Sprinkle with the extra paprika and serve immediately.

GOOD TO KNOW fibre
PER SERVING 331 kcals • fat 10g • saturates 3g •
carbs 38g • sugars 4g • fibre 6g • protein 20g •
salt 1.4g

1 INGREDIENT - 3 WAYS

SWEET, SWEET SWEETCORN

Discover fresh and summery ideas for cooking
with this staple veg from **Melissa Thompson**

photographs LOUISE HAGGER

Sweetcorn is right up there in my list of favourite vegetables. If I'm busy, I'll happily open a can and eat it directly with a spoon. I love corn on the cob, especially if it's been grilled until golden brown and seasoned with a crack of black pepper. It doesn't even need butter – I know, sacrilegious.

Right now, it's abundant and at its best. I'm in my element. My recipes, including golden fritters packed with

sweet yellow kernels that pop in your mouth with every bite, put this beautiful vegetable front and centre (find the recipe on page 50).

I've also created a quick, simple salad that punches way above its weight, with salty feta bringing out the sweetness of the corn.

And, for something a bit different, try my sweetcorn custard tart – guests will be stunned by its use in a dessert.

Melissa is one of our regular columnists, as well as running recipe project Fowl Mouths, and is a vocal advocate for the promotion of black and minority ethnic people in the food industry. In 2021, she won the prestigious Food Writing Award by the Guild of Food Writers. We're proud to report that Melissa

was also named Writer of the Year at the Professional Publisher's Association Awards in June for what the judges called her "transformational journalism" with "sharp, informative and empathetic words" that "combine natural writing ability with truly important work." [Twitter](#) @fowlmouthsfood



Charred corn & feta salad

SERVES 4 **PREP** 15 mins

COOK 10 mins **EASY** **V**

1 small red onion (about 100g),
thinly sliced
400g sweetcorn (or 2-3 corn cobs,
kernels stripped off)
drizzle of rapeseed oil (or another
neutral oil), for frying
2 tsp butter
20g chives, finely sliced
80g parsley, chopped
200g feta, broken into chunks
(ensure vegetarian, if needed)
2 tbsp olive oil
½ lemon, juiced

1 Put the onion in a bowl, cover with water and leave for 5 mins. Drain, rinse and set aside on a sheet of kitchen paper to drain.

2 Fry the sweetcorn in a dry frying pan over a medium-high heat for 4 mins, stirring regularly until it starts to colour. Add a drizzle of oil and the butter, stirring to coat. Cook for another few minutes, or until

the kernels are browned all over and a few of the kernels are darker at the edges. Remove from the heat and leave to cool.

3 Once cool, mix the corn with the drained onions, chives, parsley and feta. Drizzle with the olive oil and lemon juice, and season with freshly cracked black pepper. Taste for salt – be careful not to add too much as the feta is quite salty.

GOOD TO KNOW folate • vit c • 1 of 5-a-day • gluten free

PER SERVING 260 kcal • fat 20g • saturates 9g •
carbs 8g • sugars 4g • fibre 3g • protein 11g • salt 1.3g

gf tip

An average corn cob can yield anything between 150-200g of sweetcorn kernels.



Sweetcorn
fritters



Sweetcorn fritters

MAKES 18 or 36 **PREP** 10 mins

PREP 20 mins **EASY** **V**

150g self-raising flour
1 tsp baking powder
1 tsp smoked paprika
160ml whole milk
1 egg
550g sweetcorn
2 spring onions, chopped, plus
a little extra cut into thin strips
to serve (optional)
10g sliced chives
handful of parsley, chopped
rapeseed oil, for frying

1 Mix the flour, baking powder, paprika and milk together in a large bowl. Mix in the egg, followed by the sweetcorn, chopped spring onions, chives, parsley, 1 tsp salt and some freshly ground black pepper.

2 Heat a 1cm depth of oil in a frying pan over a medium heat until a small amount of the fritter mixture sizzles when dropped in. For larger fritters, drop 2 heaped tablespoons of the mixture into the pan at a time in a clockwise direction (this will help you remember the order they were added to the pan, so you can flip them at the right stage). For smaller fritters, do the same, but with 1 heaped tablespoon of mixture at a time.

3 After 2 mins, flip the fritters over in the same order they were added to the pan. Cook for another 2 mins, continuing to turn every now and then to ensure both sides are evenly golden brown. When ready, the fritters should be darker brown with crispy pieces of corn at the edges – be careful, as some of the kernels may burst during the cooking process. Remove to a wire rack and pat away any excess oil using kitchen paper. Serve straightaway with a few strips of spring onion scattered over, if you like.

PER SERVING (18) 88 kcals • fat 4g • saturates 0.6g •
carbs 9g • sugars 1g • fibre 1g • protein 3g • salt 0.4g

Sweetcorn custard tart

To make this recipe easy, use shop-bought shortcrust pastry instead of making your own.

SERVES 6-8 **PREP** 20 mins

COOK 1 hr **MORE EFFORT** **V**

200g plain flour, plus extra
for dusting
50g fine cornmeal
125g cold unsalted butter, cut into
cubes, plus extra for the tin
1 tbsp caster sugar
For the custard
500g sweetcorn (defrosted
if frozen)
150g unsalted butter
75g caster sugar, plus 3 tbsp
300ml whole milk
6 egg yolks (freeze the whites
for another recipe)
1 tsp vanilla extract
200g crème fraîche, plus
extra to serve (optional)
nutmeg, for grating

1 Tip the flour, cornmeal, butter, sugar and 1 tsp salt into a large bowl and rub together until the mixture resembles

breadcrumbs. Add 50-100ml water, a little at a time, until a dough forms.

2 Butter a loose-bottomed 23cm tart tin. Roll the pastry out on a lightly floured surface until it's just larger than the diameter of the tin and around 2mm thick. Loosely drape the pastry over the rolling pin and unravel into the tin. Carefully push the pastry into the base and up the side. Use a fork to prick the base all over, then chill for 30 mins.

3 Heat the oven to 180C/160C fan/gas 4. Scrunch up a sheet of baking parchment and use it to line the pastry case, then fill with baking beans or uncooked rice, gently pushing these down. Bake for 15 mins, then remove the beans and parchment and bake for 10 mins more until lightly golden. Remove from the oven and leave to cool.

4 While the pastry case is baking, make the custard. Tip the sweetcorn into a heavy-based, wide pan and cook over a medium-high heat for 6 mins until the corn smells toasted. Add the butter and reduce the heat to medium. After about 5 mins, or when the butter starts to smell nutty, add

the 3 tbsp of sugar and continue to stir. After a couple more minutes, stir in the milk and turn off the heat. Set aside to cool slightly. Whisk the egg yolks along with the remaining 75g sugar in a medium bowl until the mixture is pale, yellow and creamy.
5 Transfer the corn mixture to a food processor and blitz until smooth. Push through a sieve into a large bowl and discard the fibrous outer kernels caught in the sieve. (You may need to do this in two batches.)

6 While the sweetcorn mixture is still hot, slowly add it to the egg yolk mixture, whisking continuously as you do. Stir in the vanilla and crème fraîche until just combined – be careful not to over-mix, as air bubbles may form on the surface.
7 Pour the custard into the cooled pastry case, then bake for 25-35 mins until the mixture is set with a slight wobble in the middle. Generously grate over some nutmeg, then leave to cool completely before slicing. Serve with extra crème fraîche, if you like.

PER SERVING (8) 668 kcals • fat 45g • saturates 27g •
carbs 54g • sugars 26g • fibre 3g • protein 9g • salt 0.7g



October veg box star

MARROW

Make the most of its delicate flavour in this spiced soup

recipe SAMUEL GOLDSMITH photograph JONATHAN GREGSON

Marrow soup

SERVES 6 **PREP** 15 mins

COOK 35 mins **EASY** **V**

1 tbsp vegetable oil
2 onions, roughly chopped
250g potatoes, roughly chopped
1 marrow (about 750g), peeled, deseeded and roughly chopped (see tip, right)
1-2 tbsp curry powder, to taste
500ml vegetable or chicken stock
400g can butter beans, drained

400ml can light coconut milk
small handful of coriander leaves

1 Heat the oil in a large pan over a medium heat and fry the onions with a pinch of salt for 6-8 mins until soft. Add the potatoes and cook for 2 mins more, then tip in the marrow and curry powder. Cook for 1 min. Pour in the stock, butter beans and most of the coconut milk (reserve a few tablespoons). Bring the mixture to the boil, then reduce the heat to medium-low

and simmer for 20 mins until all the vegetables are tender.

2 Remove from the heat and leave to cool slightly, then transfer the mixture to a blender and blitz until smooth. Return the soup to the pan and warm through over a low heat, then spoon into bowls. Drizzle with the reserved coconut milk and scatter with the coriander.

GOOD TO KNOW healthy • low fat • low cal • fibre

• 2 of 5-a-day

PER SERVING 184 kcals • fat 8g • saturates 5g • carbs 19g • sugars 6g • fibre 6g • protein 7g • salt 0.5g



tip
If the skin of the marrow isn't too tough, there's no need to peel it.

MORE WAYS WITH MARROW



Ideas from the Good Food team

Marrow & pecan cake Heat the oven to 160C/140C fan/gas 3. **Oil** a 22cm round springform cake tin and line with baking parchment. Sift **300g self-raising flour**, **3 tsp mixed spice** and **½ tsp baking powder** into a bowl. Add **250g light brown soft sugar**. In another bowl, beat **4 eggs** with the **zest and juice of 1 orange**, then stir in **250ml sunflower oil**. Add **300g coarsely grated marrow flesh** (liquid squeezed out) and **150g roughly chopped pecans**, and beat this into the flour. Pour the batter into the tin and bake for 1 hr 20 mins until a skewer inserted into the middle comes out clean. Cool in the tin for 30 mins. Remove to a wire rack and cool completely. Beat **50g soft butter** with **250g soft cheese** and **4 tbsp maple syrup**. Spread this over the cooled cake. Sprinkle over 100g roughly chopped pecans.



Marrow curry Cook **1 marrow**, peeled and chopped, in a large pan of boiling salted water for 5-7 mins until soft. Drain. Fry **2 tsp mustard seeds** and **1 tsp cumin seeds** in **2 tbsp sunflower oil** in a large shallow pan until crackling. Add **1 large onion**, finely sliced, **2 garlic cloves**, crushed, **½ tsp ground turmeric**, **½ tsp chilli powder** and **1 tsp ground coriander**, and fry for 10 mins until the veg is soft and starting to brown. Add the marrow and cook for 5-10 mins until the liquid has evaporated and the marrow is soft. Smash the marrow with a wooden spoon to lightly crush and soften at the edges. Squeeze over the **juice of ½ lemon** and top with a **handful of chopped coriander**.

...and from our readers

My grandma liked stuffed marrow filled with savoury mince.
Sharon Collins, Edgware

I like my mother-in-law's recipe. Peel and cut marrow into rounds, deseed and boil briefly. Make a filling using mince and rice, then arrange the marrow rounds in a baking dish and stuff with the filling. Pour over a cheese sauce, sprinkle with grated cheese and bake.
Christina Herrington, London

I try to get a very young, fresh marrow to make marrow and coriander salad. If it's older and tougher, I use it in a chutney. **Lisa Clift, Thatcham**



For all these recipes and more, go to bbcgoodfoodme.com





reduce waste

love your leftovers

Use whatever's left from our midweek meal recipes and turn it into no-cook snacks and lunches

Sausage & broccoli pasta frittata

Whisk **3 eggs** in a large bowl with a splash of **milk** and season well. Stir through any leftover **sausage & broccoli pasta**. Fry in a little **oil** until the base is golden. Sprinkle over a little **grated cheese** and slide under a hot grill until golden and set on top.

Chickpea & courgette soup

Combine leftover **coconut milk** with a splash of **vegetable stock**.

Bring to a simmer and add any leftover **pilaf**. Cook for 5-7 mins until reduced slightly, adding a splash more stock if needed. Sprinkle over some **lemon zest** and any remaining **dill**.

Brothy beans

Thin out any leftover **turbo beans** with **vegetable stock** in a pan. Bring to a simmer and add a handful of **leafy greens**, such as **kale**. Cook until the greens have wilted and the beans are saucy. Sprinkle with **parmesan** and serve with **crusty bread** on the side.

Chipotle chicken pasta

Fry **1 chopped onion** and **2 crushed garlic cloves** until soft. Add a little **tomato purée** and **chipotle paste** from the shopping list, and **spiced chicken pieces**.

Stir, then add the remaining **200g chopped tomatoes** from the shopping list and half a can of water. Cook until reduced. Season to taste.

Cook some **pasta** following pack instructions, then toss in the sauce.



3 ways with soured cream



Soured cream & caramelised onion dip

Cook **5 sliced onions** and **2 crushed garlic cloves** in **olive oil** for 30-45 mins until golden and sticky. Cool. Mix with the **soured cream**, some **natural yogurt**, **lemon juice** and **chives**.



Soured cream mashed potato

Tip **700g chopped potatoes** into a large pan of cold, salted water. Bring to the boil. Cook for 10-15 mins until tender. Drain. Steam-dry for 10 mins, then mash with half the **soured cream**.



Soured cream ganache

Put equal quantities of **soured cream** and **chopped dark chocolate** in a heatproof bowl set over a pan of simmering water. Stir until melted, then cool slightly. Use as a cake filling or spread it over the sides.

GOOD FOOD & SUSTAINABILITY At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

To find out more, go to bbcgoodfood.com/reduce-reuse-recycle. Plus, listen to the Food Programme's inspiring Food Waste Pioneers broadcast about people who tackle food waste issues on BBC Radio 4.

WEEKEND

Mouthwatering dishes to dig into with your family and friends



GET THE PARTY STARTED, p41



TOM KERRIDGE

Richer ragu, p56



SEASONAL

Autumn beckons, p59



**CELEBRATE
WITH US, p38**



ITALIAN MENU

Laid-back lunch, p52





NADIYA'S CELEBRATION

Celebrate with us!

Nadiya Hussain shares a special recipe to commemorate
our 15th birthday

recipe photographs LOUISE HAGGER

Nadiya's strawberry lemonade cake

This special celebration cake tastes of fizzy strawberry lemonade, with lemon-syrup-soaked sponges, a strawberry cheesecake icing, fresh strawberries, candied lemons and popping candy, for a little extra zing.

gf tip

Freeze-dried fruit powders can be found online. These give cakes and icings concentrated fruit flavour without increasing the liquid content, which can loosen the mixture. You can also buy freeze-dried fruit pieces and whizz them to a powder in a food processor. If using freeze-dried strawberries, whizz these first in a blender, then add the other icing ingredients.

SERVES 12-15 PREP 40 mins
COOK 30 mins MORE EFFORT
V * sponges only

225g butter, softened, plus extra for the tin
225g caster sugar
4 medium eggs
225g self-raising flour
1 tsp baking powder
75g natural yogurt
2 unwaxed lemons
500g strawberries
1 tbsp popping candy (optional)
For the candied lemon peel
1 unwaxed lemon
75g caster sugar
For the icing
250g butter, softened
600g icing sugar
180g full-fat soft cheese
10g freeze-dried strawberry or raspberry powder (see tip, left)

1 Butter two 20cm loose-bottomed cake tins and line the base and sides with baking parchment. Heat the oven to 180C/160C fan/gas 4. Tip the butter and caster sugar into a stand mixer and beat until pale and fluffy. Or, do this using an electric whisk. Add the eggs, one at a time, beating between each addition.

2 Add the flour, baking powder and a pinch of salt and mix again, then the yogurt. Zest the two lemons, add this and mix until everything is fully combined. You may need to scrape the sides of the bowl as you go.

3 Divide the cake batter between the prepared tins and smooth the surfaces with a spatula. Bake for 30 mins, or until a skewer inserted into the middles comes out clean. Cool in the tins for 10 mins, then transfer to a wire rack to cool fully. *Once cool, the cakes can be wrapped and frozen for up to three months. Defrost overnight before icing.*

4 For the candied lemon peel, use a vegetable peeler to remove the peel from the remaining lemon in long, thin strips. Use a small, sharp knife to cut the white pith away from the peel, then cut it into thinner strips. Put 50g of the caster sugar in a small pan with 100ml water. Juice all three lemons and pour into the pan. Bring the mixture to the boil, reduce to a simmer and cook for a few minutes until the sugar has dissolved. Tip in the strips of lemon peel, then return to the boil, reduce the heat to a simmer again and cook for 5 mins until the peel is soft. Tip the remaining 25g sugar into a bowl. Remove the lemon peel from the syrup using a fork and add to the bowl of sugar. Shake the bowl gently to coat the strips of peel, then shake off the excess and arrange the candied peel on a plate or baking tray in a single layer to dry, about 30 mins. *Once set, the candied peel will keep in an airtight container in a cool place for six months.*

5 Spoon 3 tbsp of the lemon syrup over each of the cooled sponges.

For the icing, beat the butter in a stand mixer until soft and creamy, or do this using an electric whisk. Add half the icing sugar and half the soft cheese, then beat again. Add the rest of the icing sugar and soft cheese and most of the freeze-dried strawberry powder (reserving 1 tsp for decorating later), and beat until well-combined.

6 Hull and finely chop 200g of the strawberries. Put one of the sponges on a cake stand or plate and spread over a generous amount of icing. Scatter evenly with some of the chopped strawberries and put the second sponge on top. Spoon the rest of the icing over the top and use a palette knife to spread it all over the top and sides, smoothing and swirling it as you go. Thinly slice five or six strawberries of a similar size, then arrange these around the base of the cake, with the pointed ends facing upwards. Cut half the remaining strawberries in half, leaving the rest whole with their stalks intact, and pile all of these on top of the cake. Scatter over the candied lemon peel, reserved freeze-dried strawberry powder and the popping candy, if using. *Best eaten within a day, but will keep chilled for up to two days.*

PER SERVING (15) 599 kcal • fat 31g • saturates 19g • carbs 75g • sugars 63g • fibre 2g • protein 5g • salt 0.9g

RISE to the top

*Take your pastries and
desserts to the next level
with French cream.*

WHEN TO PEAK

SOFT, STIFF OR OVERWHIPPED – UNDERSTAND
WHAT THE RIGHT (AND WRONG) TEXTURES FOR
WHIPPED CREAM SHOULD LOOK LIKE



STIFF PEAKS

When you turn your whisk upside down, the peaks should hold, firmly. They should point straight up without collapsing at all (or maybe a little bit just at the very tips). The mixture will be thick and heavy.

Perfect for: piping/decoration



SOFT PEAKS

When you turn your beater/whisk upside down, the peaks should just start to hold. They should be soft, curl downwards and melt back into themselves after a few seconds.

Perfect for: mousse mixtures



GONE TOO FAR...

If you overwhip cream, it will look grainy and curdled/yellowish due to the separation of fats and liquids. Once this has happened, the only thing to do is press on and make fresh butter.

CHEF tips

When whipping cream, always use refrigerated cream and a cold mixing bowl (chilled for 2 hours at 4°C). This increases the stability of the mixture because it partially crystallises the fat globules.

Remember to use a slow speed. Follow the appropriate whipping time for the machine you're using and the quantity you require (the larger the mixer and the more cream used, the longer it takes to whip).

KIT OUT YOUR KITCHEN

If you're planning on whipping small quantities of cream (about a cup), and have strong willpower, then do it by hand. Otherwise, there's an assortment of equipment you can use such as an electric mixer, an aerating machine or a cream whipping machine, if you're serious about business. You could also try a siphon. This injects gas (N₂O nitrous oxide) into the cream, which causes it to whip.

Get the *party* started

Dishes designed to bring everyone together
recipes GOOD FOOD TEAM *photographs* LOUISE HAGGER



Sticky red onion & thyme crown with whipped goat's cheese

Bread is a must at any gathering, but you could also make it a feature. Here, we've captured the flavours of an onion and goat's cheese tart in a buttery tear-and-share loaf. We've used shop-bought red onion marmalade, which can be sweet, so taste it before adding – you may need to balance it with more red wine vinegar.

SERVES 10-12 **PREP** 40 mins plus resting, at least 2 hrs proving and 1 hr chilling **COOK** 40 mins
MORE EFFORT V

600g strong white bread flour, plus extra for dusting
10g fast-action dried yeast
4 eggs, beaten
200ml lukewarm milk
150g softened butter, cut into pieces
500g red onion marmalade
1 tbsp red wine vinegar
small bunch of thyme, chopped
50g parmesan or vegetarian alternative, finely grated
1 tbsp onion seeds
For the whipped goat's cheese
300g soft rindless goat's cheese (ensure vegetarian, if needed)
100g soft cheese
2 tbsp lemon juice, plus pared lemon zest to serve

1 Tip the flour, yeast, most of the beaten egg (reserve a little for glazing later), 2 tsp salt and the milk into a bowl. Combine with your hands to form a rough dough, making sure all the flour is mixed in. You can also do this in a stand mixer fitted with a dough hook. Cover with a damp cloth and rest for 30 mins.

2 Tip the dough onto a clean surface and knead by hand for 10 mins, or do this for 5 mins in a stand mixer on medium speed until the dough is springy and glossy. Use your hands to work the soft butter into the dough – this will take about 5 mins. At first, it will look like it's not coming together, but keep working the dough through your fingers and it will slowly become smooth and glossy. Form the dough into a ball, return to the bowl, cover and leave to prove in a warm place for 1-2 hrs, or until nearly doubled in size. Meanwhile, mix the marmalade with the vinegar. Line a large baking sheet with baking parchment.

3 Tip the dough out onto a floured surface and roll into a roughly 50 x 40cm rectangle. Spread the marmalade all over the surface, then scatter with the thyme and parmesan. Roll the dough up from one of the longer edges into a tight spiral. Chill for 1 hr to ensure the spiral holds together well.

4 Trim the rough ends of the spiral, then cut partway through the spiral every 3cm along its length, being careful not to cut all the way through. Carefully transfer the dough to the prepared baking tray and put an ovenproof ramekin or

bowl in the middle of the tray. Curl the dough around it to make a crown, with the slices flaring out and overlapping slightly. Cover with a clean tea towel and leave to prove for 1-2 hrs, or put in the fridge and prove overnight. It should be about a third bigger when ready.

5 Meanwhile, beat the goat's cheese, soft cheese, lemon juice and some seasoning together with an electric whisk until fluffy and spreadable. Tip this into a bowl that will fit into the middle of the crown. Set aside. *Can be made up to two days ahead, covered and chilled until needed.*

6 Heat the oven to 200C/180C fan/gas 6. Brush the crown all over with the reserved beaten egg and sprinkle with the onion seeds. Bake for 25-30 mins until puffed up, golden and cooked all the way through. Leave to cool for a few minutes on the tray, then remove the ramekin or bowl from the middle. Replace with a small serving dish filled with the whipped goat's cheese and scatter over some lemon zest, if you like. Serve warm or cold. *Will keep for up to a day at room temperature.*

PER SERVING (12) 529 kcal • fat 23g • saturates 14g • carbs 62g • sugars 24g • fibre 2g • protein 17g • salt 1.7g



TWIST IT

•**Black olive & parmesan**
Replace the red onion marmalade with 150g black olive tapenade, then scatter with 40g parmesan.

•**Prosciutto & pesto** 
Spread 200g pesto over the dough, then drape over 8 slices of prosciutto.

•**Goat's cheese & tomato**
Make the whipped goat's cheese and stir in 100g finely chopped semi-dried tomatoes, then use this as a filling instead.

Bring-a-dish chicken shawarma salad

Serve a bright salad on a large platter to feed a crowd. This can also be made with leftover cold chicken, and is robust enough to transport without wilting, making it ideal for picnics and street parties. Marinate the chicken in a reusable plastic container with a tight-fitting lid, then just seal, shake and chill until needed.

SERVES 6 **PREP** 30 mins plus 1 hr marinating **COOK** 10 mins **EASY**

4 garlic cloves, crushed
3 tbsp olive oil
1 lemon, juiced
2 tsp each ground cumin, ground coriander and smoked paprika
½ tsp each ground cinnamon and chilli powder
1 tsp dried oregano
1 tbsp natural yogurt
4 chicken breasts, bashed with a rolling pin until slightly flattened
pittas or flatbreads and pickled chillies (optional), to serve

For the tahini dressing

2 tbsp tahini
1 lemon, juiced
200g natural yogurt
1 tsp whole cumin seeds

For the salad

½ red cabbage (about 500g), finely shredded
2 red onions, finely sliced
1 small cucumber, peeled, halved, deseeded and sliced
200g cherry tomatoes, halved
1 Little Gem lettuce, chopped
1 lemon, juiced
2 tbsp olive oil

1 Mix the garlic, olive oil and lemon juice together in a reusable plastic container or bowl. Stir in all the spices, oregano, a large pinch of salt and the yogurt, then mix to make a paste. Tip in the chicken, tossing to coat, then cover and marinate for at least 1 hr, or chill overnight.

2 To make the dressing, mix all the ingredients together in a small bowl, season, cover and chill until needed. *Can be made up to two days ahead.* Toss all the salad ingredients, except the lemon juice and olive oil, together. *The salad can be assembled 1-2 hrs ahead and kept chilled.*

3 Light the barbecue or heat a griddle pan over a high heat. Cook the marinated chicken for 5 mins on each side, or until lightly charred and cooked through. Lift onto a board and set aside.

4 Drizzle the salad with the lemon juice and olive oil, then season with salt and toss everything together. Scatter the salad over a large platter or tip into a large serving bowl. Slice the chicken, then arrange it over the salad (or serve it on the side if you're also cooking for vegetarians). Serve the salad with the tahini dressing on the side for drizzling over, along with toasted flatbreads or pittas for stuffing the chicken into and pickled chillies, if you like.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 2 of 5-a-day

PER SERVING 366 kcal • fat 18g • saturates 3g • carbs 11g • sugars 10g • fibre 7g • protein 36g • salt 0.3g

TWIST IT

Veggie shawarma salad

Instead of chicken, top the salad with griddled slices of halloumi.

Vegan shawarma salad

Omit the yogurt from the marinade and use aubergine slices instead of chicken. In the dressing, too, replace the yogurt with 100ml olive oil.





Tomato galette

Bursting with colour and the sweet, summery flavour of roasted tomatoes, this galette is an easy way to please a crowd. It also transports well and can be eaten hot, warm or cold. Enjoy it with a crisp green salad.

SERVES 8 **PREP** 20 mins plus 1 hr resting **COOK** 50 mins **EASY** **V**

500g tomatoes (use a mixture of sizes and colours), cut into $\frac{1}{2}$ cm pieces
50g gruyère or vegetarian alternative, coarsely grated
1 garlic clove, finely grated
1 tbsp chopped oregano or thyme

For the pastry

225g plain flour, plus extra for dusting
100g cold butter, cut into cubes
2 eggs, plus extra beaten egg for brushing

1 Tip the tomatoes into a colander set over a large bowl, sprinkle over 1 tsp salt and set aside for 1 hr to draw out the moisture. Meanwhile, make the pastry. Tip the flour, butter and a good pinch of salt into a food processor and blitz to a fine breadcrumb-like consistency. Beat the eggs in a jug, then tip into the processor and pulse to a soft dough – if it seems dry, add $\frac{1}{2}$ tsp cold water at a time until it comes together. Shape into a disc, then wrap and chill for 20 mins.

2 Heat the oven to 180C/160C fan/gas 4. Tip the tomatoes into a large bowl with the cheese, garlic, herbs and a good grinding of black pepper. Gently combine using your hands and set aside.

3 Roll the chilled pastry out on a lightly floured surface to a roughly 30cm circle. Pile the tomato mixture into the middle, leaving a roughly 5cm border around the edge. Brush the exposed pastry border with some beaten egg, then fold the border up so it slightly overlaps the tomato filling. It doesn't need to be even or neat.

4 Brush the pastry with more beaten egg, then bake for 40–50 mins until the pastry is golden and the tomatoes have softened and are tender.

PER SERVING 251 kcal • fat 14g • saturates 8g • carbs 24g • sugars 2g • fibre 2g • protein 7g • salt 1g



Pistachio, rose & honey cakes

Evoking flavours of the Middle East, these nutty, syrup-soaked cakes are the perfect bite-sized treat to take to a party. To make them even more special, decorate with edible rose petals.

MAKES 12 **PREP** 25 mins

COOK 20 mins **EASY**

V * cakes only

100g shelled pistachios

150g butter, softened, plus extra for the tins

150g golden caster sugar

3 medium eggs

100g self-raising flour

50g honey, plus extra for drizzling

¼ tsp rosewater

250g mascarpone

1 tbsp icing sugar

edible rose petals, to decorate (optional)

1 Tip the pistachios into a food processor and blitz to fine crumbs. Heat the oven to 180C/160C fan/gas 4. Generously butter the holes of a 12-hole muffin tin. If the tin doesn't have a non-stick surface, line it with paper cases.

2 Weigh 25g of the pistachio crumbs into a small bowl and set aside. Tip the butter, caster sugar, eggs, flour and a pinch of salt into the food processor with the rest of the pistachio crumbs and blitz until smooth and creamy. Divide the mixture evenly between the holes of the tin and bake for 20 mins until

golden and springy to the touch and a skewer inserted into the middles comes out clean. If any wet batter remains, return the cakes to the oven for 5 mins, then check again. Once cooked, run a knife around each cake to loosen from the tin (if not using paper cases), then leave to cool in the tin for 5 mins. Carefully turn out the cakes and transfer to a wire rack to cool until just warm. *Once fully cooled, the cakes will keep in an airtight container for up to two days or frozen for up to two months.*

3 Pour the honey and 2 tbsp water into a small pan over a low heat and bubble for a few minutes until you have a loose syrup. Remove from the heat and stir in the rosewater. While the cakes are still warm, brush over the syrup, letting it soak in. Leave to cool completely.

4 Mix the mascarpone with the icing sugar, then spoon a little of this over each cake, swirling it with the back of the spoon. Drizzle with a little extra honey, then scatter over the reserved pistachio crumbs and decorate with rose petals, if you like. *Best eaten within a few hours, but will keep chilled for two days.*

PER SERVING 347 kcals • fat 25g • saturates 14g • carbs 26g • sugars 18g • fibre 1g • protein 5g • salt 0.4g



Spiced harissa lamb pasties

Here, the humble pasty gets a spicy makeover using harissa. The prep can all be done well in advance for these – just pop them in the oven an hour before serving and, if you want to save yourself even more time in the kitchen, you can use ready-made shortcrust pastry.

MAKES 20 **PREP** 45 mins plus
1 hr chilling **COOK** 1 hr 30 mins
MORE EFFORT ✨

2 tsp vegetable oil
1 onion, finely chopped
1 leek, finely chopped
300g lamb mince
1 small preserved lemon, or
½ large preserved lemon
2 garlic cloves, crushed
1 sweet potato (about 150g), peeled
and cut into small pieces
2 tsp ground cumin
3 tbsp harissa
1 tbsp tomato purée
For the pastry
125g cold butter, cut into cubes
125g lard, cut into cubes
500g plain flour, plus extra
for dusting
1 egg, beaten, plus extra
for brushing
2 tsp nigella seeds

1 Heat the oil in a large pan over a medium-low heat and cook the onion and leek, stirring for 10-15 mins until softened. Push the veg to one side of the pan, turn up the heat to medium, and add the lamb mince. Fry for 10-15 mins, breaking up the mince with a spoon, until all the liquid has evaporated

and the lamb is browned in places. Cut the preserved lemon into wedges, then remove the pith and finely chop the peel.

2 Add the lemon peel, garlic, sweet potato, cumin, harissa and tomato purée to the pan, season and sizzle for 1-2 mins. Stir in 200ml water and scrape any browned bits from the bottom of the pan. Put on a lid so it's partially covered, then cook for 10 mins until the sweet potatoes are starting to soften but still holding their shape, and the mixture is fairly dry. Remove from the heat and leave to cool completely. *Once cool, will keep chilled for up to two days or frozen for two months.*

3 For the pastry, put the butter, lard, flour and 2 tsp salt in a food processor and blitz until the mix resembles breadcrumbs. With the motor running, slowly drizzle in 6 tbsp cold water and pulse until the dough starts to clump together, adding another 1-2 tbsp water if the dough looks very dry. Tip the dough out onto a work surface and knead briefly to bring it together. Alternatively, tip the ingredients into a bowl and rub together using your fingertips before mixing in the water. Shape the dough into a disc, then wrap and chill for 30 mins.

4 Cut the dough in half so it's easier to work with, then roll out one half on a lightly floured surface to the thickness of 2.8mm. Use a 10-12cm cutter to stamp out circles of pastry – you should get about 20 once you've re-rolled trimmings and the second half of dough.

5 Working with one pastry circle at a time, brush a little beaten egg around the edge of the pastry and spoon 1 heaped tbsp of the lamb mixture into the centre. Fold the pastry over and crimp the edges together to seal, or press with the tines of a fork – don't worry if the pastry cracks a little, as you can just pinch it back together. Arrange the pasties on a baking tray lined with baking parchment. Once all the pasties are assembled, brush with more beaten egg and sprinkle with the nigella seeds. Chill for at least 30 mins. *Can now be frozen for up to two months, as long as the mince mixture was not previously frozen.*

6 Heat the oven to 200C/180C fan/gas 6 and bake for 35 mins from chilled or 45 mins from frozen until the pastry is golden. Leave to cool for 10 mins before serving warm.

PER SERVING 248 kcal • fat 15g • saturates 7g •
carbs 22g • sugars 1g • fibre 2g • protein 6g • salt 0.7g





ITALIAN MENU

LAIID-BACK LUNCH

Give your Sunday roast a hassle-free makeover with these simple recipes inspired by **Silvana Franco's** Italian heritage
recipes SILVANA FRANCO *photographs* KAREN THOMAS

Growing up in an Italian household, our Sunday lunches were different to my friends'. We always started with pasta and ended with cheese. Now, I rarely make a classic Sunday roast and tend to lean towards a couple of simple sharing dishes that go from oven to table. The chicken is roasted with little cubes of potato that become sticky and crunchy in the oven, and the juicy braised vegetables mean there's no need to make gravy. I always make the pudding ahead, especially if we have friends over, so I can spend more time with them and less in the kitchen. My seasonal take on a tiramisu is a bit easier than the classic method, and uses the wonderful combination of coffee, chocolate and blackberries.



Silvana Franco is a food writer, stylist and presenter who grew up in a food-centric Italian family in Derby. She's written for magazines, worked in television production and has a number of cookbooks to her name. [@silvana.franco.food](https://www.instagram.com/silvana.franco.food)



MENU

Roast chicken with
dill & potatoes

Braised butter
beans & leeks

Blackberry tiramisu
with chocolate sauce

Roast chicken with dill & potatoes

SERVES 4 **PREP** 15 mins
COOK 1 hr 20 mins **EASY** V

small bunch of dill
50g unsalted butter, at room temperature
1 large garlic clove, crushed or finely grated
1.65-1.8kg whole chicken
1 small unwaxed lemon, halved
800g red-skinned potatoes, peeled and cut into 2cm chunks
1 tbsp olive oil

1 Heat the oven to 200C/180C fan/gas 6. Cut the stems from the dill and set aside, then roughly chop the leaves. Keep a small handful of the dill leaves to garnish, then mix the rest with the butter and garlic.

2 Carefully lift the skin of the chicken breasts and legs, and push about two-thirds of the garlic butter under the skin. Spread it over the meat, then spread the remaining butter over the skin and season. Put the chicken in a large roasting tin and squeeze over the lemon halves, then put them into the cavity along with the dill stalks. Roast the chicken for 20 mins.

3 Reduce the oven to 180C/160C fan/gas 4. Scatter the potatoes around the chicken, drizzle over the oil and sprinkle with a little salt. Turn the potatoes so they're coated in the oil and any roasting juices from the chicken. Roast for another 1 hr, turning the potatoes occasionally until brown and the chicken is completely cooked through. Sprinkle over the reserved dill leaves and serve.

GOOD TO KNOW gluten free

PER SERVING 623 kcal • fat 36g • saturates 13g • carbs 23g • sugars 1g • fibre 3g • protein 51g • salt 0.4g

Braised butter beans & leeks

SERVES 4 as a side **PREP** 5 mins
COOK 25 mins **EASY** V

small knob of butter
4 slim leeks, cut into 5cm lengths
3 tbsp non-alcoholic dry vermouth or white wine (optional)
200ml warm chicken or vegetable stock
400g can butter beans, drained and rinsed
4 thyme sprigs
3 tbsp crème fraîche
2 tbsp flat-leaf parsley, chopped, to serve

1 Melt the butter in a large, wide pan over a medium heat and cook the leeks for 5 mins until lightly brown.

2 Pour in the non-alcoholic vermouth, if using, and simmer for 1 min, then stir in the stock, butter beans and thyme. Bring to a simmer, cover and cook for 5 mins. Remove the lid and cook for a further 8-10 mins, until the leeks are tender and most of the stock has evaporated. Turn off the heat, stir in the crème fraîche and serve scattered with the chopped parsley.

GOOD TO KNOW fibre • 2 of 5-a-day

PER SERVING 150 kcal • fat 8g • saturates 5g • carbs 10g • sugars 3g • fibre 6g • protein 6g • salt 0.4g

Blackberry tiramisu with chocolate sauce

SERVES 6 **PREP** 25 mins plus at least 3 hrs chilling **NO COOK** **EASY** V

150ml hot strong black coffee
50g dark brown muscovado sugar
50ml non-alcoholic marsala
250g mascarpone
1 tsp vanilla bean paste
50g caster sugar
2 tbsp milk
300ml double cream
175g sponge fingers
200g blackberries
25g cocoa powder or grated dark chocolate
100g dark chocolate, roughly chopped

1 Mix the coffee and muscovado sugar together, stirring until the sugar dissolves. Set aside to cool, then stir in the marsala.

2 Meanwhile, beat the mascarpone, vanilla, caster sugar and milk together until smooth using an electric whisk. In a separate bowl using the same beaters, whisk the cream to soft peaks. Gently fold this into the mascarpone mixture.

3 Set aside 4 tbsp of the coffee mixture. Dip a third of the sponge fingers into the remaining coffee mixture and use them to line the base of a 1.5-litre glass dish – a rectangular one is easier, but any shape will work, you may just need to break some of the sponge fingers to fit. Spread over a third of the mascarpone mixture and scatter over half the blackberries. Repeat the layers, finishing with the mascarpone. Sift over the cocoa or sprinkle with grated chocolate.

4 Chill for at least 3 hrs. *Will keep chilled for a day.* When ready to serve, gently warm the reserved coffee mixture with the chopped chocolate, stirring until smooth. Spoon some of the warm sauce onto serving plates and top with a scoop of tiramisu.

PER SERVING 743 kcal • fat 55g • saturates 34g • carbs 50g • sugars 39g • fibre 4g • protein 8g • salt 0.4g





TOM KERRIDGE

RICHER RAGU

BBC chef and podcast host Tom Kerridge reveals his new way of cooking an old classic for deeper flavour

photographs MIKE ENGLISH

I like to think I can turn anyone who has an interest in food from an average cook into a great cook. It's all about driving flavour, which is more an approach than a way of cooking. You should think about whether you're getting the maximum flavour out of your dish, and if not, find a way to crank the volume up so it tastes as good as it can. It could be how you cook something, how and when you season the dish, what you season it with, what you serve it with, or in some cases, how little you do to fresh produce.

When it comes to cooking with mince, I've always been unsure

about frying it for a meat sauce. Getting a deep colour on your meat for flavour is a must – it's good to roast it to create that depth. But, when I work with mince, simply roasting it until browned seems to fall short. Instead, I roast it until it's dark and looks like coffee granules. When you first try this and pull the meat out of the oven, you might be concerned – but trust me on this. Make my ragu or a chilli, and you'll understand what I mean by driving flavour. A simple tweak to a traditional recipe can turn a cheap, everyday ingredient into something special.



Getting deep colour on your meat for flavour is a must – it's good to roast it to create that depth

Tom Kerridge is a well-known face on the BBC and chef-owner of acclaimed restaurants in Marlow, London and Manchester. Hear more from Tom on his favourite seasonal ideas in the latest series of the BBC Good Food Podcast

🐦 📸 @ChefTomKerridge



Tom's beef ragu

The beauty of making a big batch of this sauce is that it freezes so well and can be turned into lots of different meals at a later date (see our ideas, opposite).

SERVES 8 PREP 45 mins

COOK 2 hrs 10 mins

MORE EFFORT ✨ 📖

800g good-quality lean beef mince
4 star anise
4 whole cloves
2 tbsp olive oil
200g smoked cubed pancetta or bacon lardons
2 onions, finely chopped
2 carrots, finely chopped
2 celery sticks, finely chopped
4 garlic cloves, finely grated
300g button mushrooms, thickly sliced
2 tbsp dried oregano
4 bay leaves
1 tbsp golden caster sugar
2 tbsp tomato purée
200ml non-alcoholic red wine
75ml red wine vinegar
3 x 400g cans chopped tomatoes
1 beef stock pot or cube

1 Heat the oven to 190C/170C fan/gas 5. Put the mince in a shallow roasting tin, break it up and put in the oven for 5 mins. Remove the mince and give it a stir, then nestle in the star anise and cloves (tie them up in a piece of muslin cloth first, if you prefer) and roast for another

10 mins. Give it another stir, then roast for another 30-40 mins until deep brown and crispy, stirring and scraping it off the bottom of the pan a few times if needed. Set aside.

2 Meanwhile, heat the oil in a large saucepan over a medium heat and cook the pancetta for 8-10 mins until crispy and browned on all sides. Stir in the onions, carrots, celery and garlic, and cook for 8-10 mins until the veg has softened. Stir through the mushrooms, oregano and bay leaves, then scatter over the sugar and squeeze in the tomato purée. Stir well, then pour in the non-alcoholic wine and vinegar and bring to the boil. Simmer for a few minutes until reduced by about a third.

3 Tip in the tomatoes, then a can of water. Add the stock pot or cube, give everything another good stir and bring to a simmer again. Scrape in the roasted mince and spice bag, season, then turn the heat down to low and simmer gently for about 1 hr 30 mins until thick and glossy. Taste for seasoning. The sauce will taste even better if left to cool completely and chilled for a day or two before reheating. Serve with pasta and grated parmesan, if you like.

Can be chilled for up to three days or frozen for three months – defrost fully before reheating over low to medium heat until piping hot.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 873 kcal • fat 52g • saturates 13g • carbs 60g • sugars 8g • fibre 3g • protein 41g • salt 2.4g

5 MORE IDEAS

• **Lasagne** Make a white sauce by melting **100g butter** in a pan. Stir in **80g flour**, then gradually pour in **800ml milk**. Layer **12-14 lasagne sheets** and half of the ragu (left) in a baking dish, then top with the white sauce and some **grated mozzarella and parmesan**. Bake at 200C/180C fan/gas 6 for 30-35 mins until golden and bubbling at the edges.

• **Cottage pie** Crumble another **stock cube** through half a batch of the ragu, then tip into a dish. Cover with **mash**, sprinkle with **grated cheddar** and bake at 210C/190C fan/gas 7 for 30 mins.

• **Taco topping** Spice the mince with **ground cumin, ground coriander, smoked paprika** and **garlic granules** before you roast it for a moreish taco filling.

• **Mix it up** This recipe also works with lamb or venison mince.

• **Slower or faster** Once the sauce is assembled, you can cook it in a pressure cooker on medium for 30 mins or in a slow cooker on low for 8 hrs.



SEASONAL

AUTUMN BECKONS

Showcase plums, aubergines and sweetcorn with ideas from **Samuel Goldsmith**

photographs HANNAH TAYLOR-EDDINGTON

During school years and for a while after, when I was a teacher, September was for getting excited about new stationery. Now, for me, September is about making the most of the last of the summer produce and getting excited about autumn fruits. There's a bounty of produce to keep us busy in the kitchen: beetroot, cabbage, salad leaves, spinach, figs and raspberries are all in season.

In the garden of my first-ever flat, I had a tiny Victoria plum tree. After going away one summer and leaving the fruit to go uneaten, my neighbour gave me a good telling off and warned me that if I were to ever do that again, she would pick them herself. Rightly so. Now, I'm keen to make the most of them in puddings such as my plum

upside-down cake. They also make delicious jam.

Aubergine season also ends around now, but they remind me of holidays in warm Mediterranean climes. I love to roast them and, whenever I make a salad with roasted vegetables, I fold through fresh leaves to lighten it just a little – rocket is still going strong at this time of year, so I make the most of it. That delicious peppery bite lifts the roasted aubergine in my salad.

Finally, I'm cooking with sweetcorn – Melissa Thompson named it her favourite veg and I understand why. I love a cob simply grilled or steamed and slathered in butter, but also creamy sweetcorn chowder. There's no more shining example of September's bountiful harvest.



Our food copy editor **Samuel Goldsmith** has taught food and nutrition in secondary schools and has worked as a food editor for lifestyle magazines. He is also vice chair of the Guild of Food Writers. @samuelwgoldsmit



Roasted aubergine salad



Plum upside-down cake

Roasted aubergine salad

Creating a salad with lots of different colours and textures, then serving it on a platter delivers big impact for small effort.

SERVES 6 **PREP** 15 mins plus cooling
COOK 45 mins **EASY** **V**

2 aubergines, chopped
2 red peppers, chopped
2 small red onions, peeled and cut into 8 wedges
6 garlic cloves, skin left on
6 tbsp olive oil
200g cherry tomatoes
400g can chickpeas, drained and rinsed
3 tbsp pomegranate molasses
1 lemon, juiced
½ tsp honey
2 tbsp capers
60g rocket leaves
4 tbsp sunflower or pumpkin seeds

1 Heat the oven to 200C/180C fan/gas 6. Scatter the aubergines, peppers, onion wedges and garlic cloves into a large roasting tin, season with salt and pepper, then drizzle over 4 tbsp olive oil. Mix well using your hands to ensure everything is coated in the oil. Put in the oven for 30 mins, then remove and tip in the cherry tomatoes and chickpeas. Mix to combine and put back in the oven for 20 mins until everything is roasted. Remove from the oven and set aside to cool.

2 Meanwhile, make the dressing by combining 2 tbsp of the pomegranate molasses with the lemon juice, honey, capers, remaining oil and a good pinch of salt and pepper. Tip the cooled aubergine mix into a serving bowl with the rocket and dressing, then gently toss to combine everything. Scatter over the sunflower or pumpkin seeds and drizzle over the remaining pomegranate molasses.

GOOD TO KNOW healthy • low cal • fibre • vit c • 3 of 5-a-day • gluten free

PER SERVING 304 kcs • fat 18g • saturates 3g • carbs 23g • sugars 13g • fibre 9g • protein 8g • salt 0.5g

gf tips

● Fold through 125g cooked pearl barley, bulgur wheat or couscous to bulk out the salad.

● The roasted vegetables also work well folded through pasta for dinner or as part of a pasta salad.

Plum upside-down cake

The great thing about an upside-down cake is that, as well as being a lovely treat with a cup of tea, it can also double as a wonderful pudding served with a spoonful of custard or drizzle of double cream.

SERVES 8-10 **PREP** 20 mins
COOK 1 hr **EASY** **V**

150ml sunflower oil, plus extra for the tin
50g butter, softened
300g light brown soft sugar
6 plums, stoned and cut into 8 wedges
284ml pot buttermilk
1 tsp vanilla extract
4 eggs
325g self-raising flour
½ tsp bicarbonate of soda

1 Heat the oven to 180C/160C fan/gas 4. Oil and line the base of a deep 20cm springform cake tin. Combine the butter with 50g of the light brown soft sugar and spread onto the base of the lined tin. Arrange the plum wedges on top in concentric circles.

2 Tip the buttermilk, vanilla, oil, remaining sugar and eggs into a large bowl and beat for 1-2 mins using a fork or whisk to break up the eggs. Tip in the flour and bicarbonate of soda and mix until you have a smooth batter. Carefully pour this on top of the plums, then put in the oven for 45 mins to 1 hr until a skewer comes out clean. Leave to cool in the tin completely, then remove from the tin and invert onto a board or serving plate.

PER SERVING (10) 459 kcs • fat 22g • saturates 5g • carbs 58g • sugars 33g • fibre 2g • protein 7g • salt 0.7g

gf tip

Try using plums that aren't overly ripe – it's easier to cut them when they're slightly underripe.



Sweetcorn chowder

Here, I combine three different alliums to give a multi-layered onion flavour to this sweetcorn chowder. The sweetness and creaminess of the corn pairs with onions beautifully.

SERVES 4 PREP 10 mins
COOK 30 mins EASY V

1 tbsp sunflower oil
1 small onion, chopped
8 spring onions, sliced
400g new potatoes, peeled and halved
1 litre vegetable stock
500g sweetcorn kernels

200ml milk
small bunch of chives, chopped

1 Heat the oil in a saucepan over a medium heat. Tip in the small chopped onions and most of the sliced spring onions (reserving around 2 tbsp) and fry for 6-8 mins, until soft but not golden. Scatter in the potatoes and fry for 4 mins, to soften a little, then pour in the stock and bring to a boil. Reduce the heat to medium-low and simmer for 15 mins. Season to taste then tip in the sweetcorn and pour in the milk. Cook for 3-4 mins until the corn is tender. At this point, you can serve it chunky or blitz using a hand

blender to break it up a little. Divide between bowls, then scatter over the chives before serving.

GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • 2 of 5-a-day

PER SERVING 261 kcal • fat 7g • saturates 2g • carbs 37g • sugars 16g • fibre 8g • protein 8g • salt 0.7g

FLAVOUR BOOSTERS

• Add bacon

Fry **125g bacon** until crisp and sprinkle over the bowls of chowder before serving.

• Make it cheesy

Grate **75g parmesan** and divide between each bowl before serving.

• Kick of chilli

Fry **½ tsp-1 tsp chilli flakes** with the onions to give the chowder some heat.

gf tip

In North America, where chowder is widely eaten (whether corn- or seafood-based), it's often sprinkled with crumbled crackers

RELAXED ENTERTAINING

DIWALI INSPIRATION

Chetna Makan shares her family's favourite Sunday spread, with street food and recipes from Indian festivals

photographs LOUISE HAGGER

Sunday meals are precious to me, as it's the only day in the week we all get to sit together at the table and enjoy a long, leisurely lunch. I always try to make it special by cooking something that we'll all love and enjoy. This alu puri meal is just one example – simple yet so special. Growing up, alu puri meant it was a special day, whether it be a festival, after pooja (prayers) or a special meal with my cousins. Everyone would sit around the table and my mum would churn out the piping hot puris for everyone, sitting down to eat only after she had fed everyone else. I never understood why she insisted on making hot puris for us and not preparing them beforehand, but now I do. I make sure everyone gets a hot puri before I sit down at the table. The pure joy it gives me seeing my family break into that hot ball of dough, dip it into the alu and enjoy it, is more satisfying than words can explain.

Boondi raita



Chetna Makan is a food writer and cookbook author who has just released her sixth book, *Chetna's Easy Baking: with a twist of spice* (Hamlyn). She was born and raised in Jabalpur, India and specialises in simple home cooking.

Twitter Instagram @chetnamakan

Ajwain puri

Alu tamatar masala

MENU

Alu tamatar masala
(Potatoes in tomato masala)

Ajwain puri
(Carom seed flatbreads)

Boondi raita
(Gram flour
balls in raita)

Nutty atta laddoo
(Sweet dough balls)

Alu tamatar masala

This is potatoes cooked in tomato masala, which might sound quite plain, but don't underestimate this flavour-packed dish. The beautifully cooked tomatoes with spices and curry leaves form the right base for the potatoes – they soak in all the loveliness.

SERVES 4 PREP 15 mins

COOK 25 mins EASY V

6 medium potatoes (about 1kg),
roughly chopped
2 tbsp sunflower oil
1 tsp black mustard seeds
6-8 curry leaves
1 green chilli, thinly sliced
2 garlic cloves, finely chopped
2.5cm piece of ginger, peeled
and finely chopped
5 medium tomatoes, finely chopped
1 tsp garam masala
½ tsp chilli powder
½ tsp ground turmeric
handful of coriander leaves

1 Bring a large pan of water to the boil over a medium-high heat and cook the potatoes for 10-15 mins until just tender (a cutlery knife should just be able to cut through). Drain and set aside.

2 Heat the oil in a large frying pan over a low heat and add the mustard seeds. When they begin to pop, add the curry leaves, chilli, garlic and ginger, and cook for 1 min until the aromas start to release. Stir in the tomatoes, then cover and cook for 10 mins until soft and mushy.

3 Add the garam masala, chilli powder, turmeric and 1 tsp salt. Mix well and cook for another minute before adding the cooked potatoes. Pour in 200ml water, cover and simmer for 10 mins until the potatoes are completely tender. Mash a few of the potatoes with a potato masher, keeping the rest whole. Sprinkle over the coriander leaves to serve.

GOOD TO KNOW vegan • low fat • vit c • 1 of 5-a-day • gluten free

PER SERVING 252 kcals • fat 6g • saturates 1g • carbs 41g • sugars 5g • fibre 5g • protein 5g • salt 1.3g

Boondi raita

Yogurt is a popular side dish in Indian cuisine. It can be served as a raita, drink or in the meal itself. For my family, this boondi raita is their favourite. Boondi are small deep-fried gram (chickpea) flour balls, and they are easily found in Indian supermarkets. Once they sit in the yogurt for a bit, they go all soft as they soak it up. It really is something you've got to try.

SERVES 4 PREP 5 mins plus standing NO COOK EASY V

300g natural yogurt
¼ tsp ground cumin, plus a pinch
60g boondi (available in many Indian supermarkets or online)
a few mint leaves, ½ finely chopped, ½ left whole

1 Whisk the yogurt with 100ml water until smooth. Whisk in the cumin, ¼ tsp salt and a pinch of ground black pepper.

2 Add the boondi and mix well to combine. Leave to stand for 10 mins or up to 2 hrs until the boondi has soaked up some of the liquid and softened slightly (no longer, as the boondi will get too soft). Sprinkle over the chopped and whole mint leaves and a pinch of cumin.

PER SERVING 123 kcals • fat 9g • saturates 1g • carbs 6g • sugars 6g • fibre 0.1g • protein 6g • salt 0.5g

Ajwain puri

Puri is a moreish flatbread – it's fried dough that puffs up once submerged in the hot oil. I've flavoured them here with ajwain (carom seeds) that have a lovely aniseed-like note to them, but you can use cumin seeds instead. They might not taste the same, but it's a good alternative in this recipe.

SERVES 4 PREP 20 mins plus resting COOK 20 mins EASY V

300g chapatti flour
½ tsp ajwain, or cumin seeds
sunflower oil, for deep-frying

1 Put the flour, ½ tsp salt and the ajwain in a bowl and mix well. Slowly add 160ml water, mixing until you have a soft dough. (You might need all the water, or even a little more.) Knead the dough for a couple of minutes, then cover and rest for 15 mins.

2 Divide the dough into 20 pieces, roll each one into a ball, then flatten into roughly 10cm circles.

3 Heat a 5cm depth of oil in a deep-fryer or wide, deep pan to 180C, or until a pinch of the puri mixture sizzles immediately when dropped in. Fry the puris one at a time for 1 min on each side until golden brown. Serve piping hot with the alu tamatar masala (left).

GOOD TO KNOW vegan

PER SERVING 316 kcals • fat 6g • saturates 1g • carbs 56g • sugars 0.4g • fibre 3g • protein 8g • salt 0.6g



The puris are best enjoyed hot, but they're a popular picnic food in India, too. Leave them to cool completely, then wrap and pack into a lunchbox or picnic basket with a pickle or chutney.



Nutty atta laddoo

I don't know how many types of laddoos exist in India, but I love them all. These, however, are something that I remember from my childhood in India. My grandmother didn't cook much, but she made this dessert with chapatti flour and nuts. It's a very Punjabi dessert, and these laddoos remind me of that. They use the same ingredients, but have just taken a different form.

MAKES 10 **PREP** 5 mins
COOK 15 mins **EASY** **V**

80g walnuts
80g cashews
150g chapatti flour
5 tbsp ghee
3 tbsp agave syrup
1 tsp ground cardamom
To decorate
10 broken walnut pieces
edible gold leaf (optional)

1 Heat a small, dry frying pan over a medium-low heat and toast the walnuts and cashews for 5 mins until they turn golden. Tip into a blender or food processor and blitz to a paste – the nuts will start to release oil. Tip into a bowl.

2 In the same pan, toast the flour for 8-10 mins over a low heat until lightly golden and smelling toasted, stirring frequently to prevent it from burning. Add the ghee and mix well until the mixture looks crumbly. Scrape the mixture into the nut paste along with the agave syrup and cardamom. Leave to cool for a few minutes, then combine everything together well using your hands.

3 Working with one walnut-sized portion at a time, shape the piece into a ball in the palm of your hand to form a laddoo. Repeat with the remaining mixture until it's all been used (you should get about 10). Decorate each laddoo with a piece of walnut while still warm and brush with a little edible gold leaf, if using. *Will keep chilled for up to five days. Bring them to room temperature before eating.*

PER SERVING 243 kcals • fat 17g • saturates 6g • carbs 17g • sugars 5g • fibre 1g • protein 5g • salt 0.01g



NEXT LEVEL

Potato gnocchi

recipe BARNEY DESMAZERY photograph MIKE ENGLISH

SERVES 6 PREP 50 mins COOK 1 hr 20 mins MORE EFFORT V *

WHY

Gnocchi can be a difficult recipe to get right. From disastrous dumplings that don't hold together to small balls of rubber, there's plenty of room for error. But, when you know what makes bad gnocchi (moisture and overworked gluten, usually) you know exactly what to avoid. That's where this recipe comes in. We've considered all the pitfalls and how to avoid them, resulting in the most fluffy, pillowy potato gnocchi.

WHAT TO BUY

1kg Maris Piper or Désirée potatoes
3 bay leaves (optional)
200g plain flour, plus extra for dusting
60g pecorino romano, parmesan (or use a mixture), or vegetarian alternative, finely grated
1 whole nutmeg, for grating
2 egg yolks (freeze the whites for another recipe)
30g unsalted butter

DOUBLE YOLK

When it comes to making pasta, gnocchi or pastry, the more egg yolks you add, the richer the dough. So, rather than one whole egg, we've used two yolks to bind and enrich the dough.

NICER WITH A RICER

For the fluffiest results, pass the potatoes through a ricer. They can also be pushed through a sieve, but this can be time-consuming. Don't be tempted to whizz them in a food processor, though, as this makes the starch in the potatoes turn sticky and will make the gnocchi gluey.

BAY BENEFITS

Bay leaves infuse the potatoes with subtle flavour as they cook. They're optional, but they do add nice depth.

NOT HOT POTATOES

Most recipes say to work with the potatoes while still warm, but we find that they're drier and just as easy to work with when cool. And, this means you can start prepping well in advance of serving.

KNEAD TO KNOW

If you under-knead the dough your gnocchi will fall apart, but over-knead and they will be tough. We find that a minute of gentle kneading is the ideal time, so the dough can be rolled out while remaining light.

FROZEN ASSETS

Gnocchi freezes very well and actually holds its shape better when boiled from frozen. If you have time, make and freeze these in advance: first in a single layer on a tray, then tip into food bags.

BAKE DON'T BOIL

Waterlogged potatoes are the enemy of good gnocchi, so boiling them makes no sense. Baking them in their jackets is an option, but you'll then need to handle very hot potatoes. Wrapping peeled chunks in foil first means they steam-cook, adding flavour but keeping moisture to a minimum.

MORE CHEESE PLEASE

We've added cheese to the dough as well as the sauce to season and make the gnocchi even richer.

HOW TO MAKE IT

1 Heat the oven to 180C/160C fan/gas 4. Peel the potatoes and chop into equal-sized chunks. Lay a large sheet of kitchen foil on your work surface, pile the potatoes into the middle and arrange the bay leaves on top, if using. Fold the foil over the potatoes, then fold the edges in to seal and create a parcel. Transfer to a baking sheet and bake for 1 hr-1 hr 15 mins until the potatoes are tender. Or, tip into a heatproof bowl, cover (do not use foil) and cook in the microwave for 10 mins on high. If still firm, microwave in 5-min bursts until tender. While the potatoes are still hot, pass them through a ricer or push through a sieve onto a tray and cool completely. *Will keep chilled for up to two days before using.*

2 Scatter the flour, 10g of cheese, $\frac{1}{2}$ tsp salt and a grating of nutmeg over the potatoes on the tray, then gently tip the egg yolks on top. Gently bring everything together with your hands until you have a uniform dough that resembles crumbly pastry. Knead for about a minute until it just comes together, but don't overwork it. Divide the dough into four pieces and roll each one out into a long, finger-thick sausage on a lightly floured surface. Cut each sausage into 1.5-2cm nuggets. The gnocchi can now be cooked, or you can create ridges on them by rolling them over the back of a fork, grater or sushi mat. Arrange the gnocchi in a single layer on the tray. *Will keep frozen for up to three months. First, freeze on the tray until solid, then portion into food bags.*

3 Bring a large pan of lightly salted water to the boil. If cooking all the gnocchi at once, you'll need to do this in three batches, cooking each batch for 2 mins, or until they rise to the surface. (You can also cook them for 3-5 mins from frozen.) Remove to a colander using a slotted spoon. Reserve 150ml of the cooking water, discarding the rest. Melt the butter in a large frying pan over a medium heat with about $\frac{1}{2}$ tsp cracked black pepper and sizzle until the butter turns a nutty brown. Toss through the gnocchi, remaining cheese and about half of the reserved cooking water, then turn up the heat slightly and toss until the gnocchi is well-coated in a thick, cheesy sauce. You may need to add a little more of the cooking water to loosen. Serve the gnocchi straightaway in warm bowls.

PER SERVING 326 kcal • fat 10g • saturates 5g • carbs 47g • sugars 1g • fibre 4g • protein 11g • salt 0.6g



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happy halloween

Throw a spooky party on 31 October for your little monsters using our creepy-cute recipe ideas – they're sure to scare up some fun

recipes CASSIE BEST *photographs* MIKE ENGLISH



Mini
monster
burgers



Spooky Halloween marshmallow cheesecake

SERVES 12 **PREP** 30 mins

plus at least 2 hrs chilling

COOK 1 hr 30 mins **MORE EFFORT** **V**

300g crème-filled chocolate sandwich biscuits

75g butter, melted

180g white mini marshmallows (ensure vegetarian, if needed)

50ml milk

500g full-fat soft cheese

200ml double cream

1 tsp vanilla extract

For the meringue ghosts

2 egg whites

200g caster sugar

black writing icing or edible ink pen

1 Tip the biscuits into a food processor and blitz to fine crumbs. Pour in the melted butter and blitz again to combine. Line the side of a deep 20cm springform or loose-bottomed cake tin with baking parchment. Tip in the crumb mixture and press it into the base and up the side of the tin using the back of a spoon. You should be able to press the mixture about halfway up the side, but don't worry if the edge is slightly uneven – this will add a spookily craggy effect to the cheesecake. Chill in the fridge while you make the filling.

2 Tip the marshmallows and milk into a saucepan set over a low-medium heat and stir until the marshmallows have melted. Leave to cool for a few minutes.

3 Tip the soft cheese, cream and vanilla extract into a large bowl and beat together using an electric whisk. Pour in the still-warm marshmallow mixture and mix again until smooth. Remove the chilled biscuit base from the fridge and scrape in the marshmallow cheesecake filling. Smooth the top and chill for at least 2 hrs.

Will keep chilled for up to a day.

4 Heat the oven to 120C/100C fan/gas 1 and line a baking tray with baking parchment. Put the egg whites in a large, clean bowl with a pinch of salt and beat with an electric whisk until foamy – they should hold soft peaks when you lift out the beaters. Beat in the sugar 1 tbsp at a time until fully incorporated and the meringue is thick, shiny and holding stiff peaks.

5 Spoon the meringue into a piping bag fitted with a large round nozzle. Holding the nozzle directly above the lined tray, pipe little blobs to make the meringue ghosts. Bake for 1 hr 30 mins, then leave to cool.

6 When the meringues are cool, use an icing pen to draw faces on them. Carefully remove the cheesecake from the tin and put on a plate or cake stand. Arrange the ghosts on top just before serving. *Will keep in the fridge for up to two days.*

PER SERVING 479 kcal • fat 30g • saturates 17g • carbs 48g • sugars 37g • fibre 1g • protein 5g • salt 0.6g



Mini monster burgers

SERVES 8 **PREP 15 mins**

COOK 15 mins **EASY**

vegetable oil, for the baking tray
 8 beef meatballs
 8 small seeded rolls, split
 1 Little Gem lettuce
 2 slices cheddar
 ¼ small cucumber (about 4cm long)
 16 cornichons
 16 pimento-stuffed green olives
 ketchup, to serve

1 Heat the oven to 200C/180C fan/gas 6. Line a baking tray with foil and drizzle with a little oil. Arrange the meatballs over the tray, spaced apart, and squash into flat patties using the palm of your hand. Turn the patties over and rub in the oil, then bake for 15 mins.

2 Meanwhile, top the base of each roll with a small lettuce leaf. Halve the cheese slices lengthways in a zig-zag to make 'teeth', then cut in half again crosswise so you have eight rows. Cut the cucumber into thin slices on the diagonal to make tongues. Push a cocktail stick into each of the cornichons, lengthways, to make the horns and halfway through the olives to create the effect of eyeballs on stalks.

3 Add a burger patty to each of the lettuce-lined buns, followed by a cucumber tongue, cheese teeth and drizzle of ketchup, then sandwich with the tops of the buns. Stick the olive eyes and cornichon horns into the tops of the buns.

PER SERVING 205 kcal • fat 8g • saturates 2g • carbs 20g • sugars 3g • fibre 4g • protein 12g • salt 1g





Mini pumpkin & feta pies

MAKES 6 **PREP** 40 mins

COOK 1 hr 10 mins

MORE EFFORT **V**

450g butternut squash or pumpkin
peeled and cut into 2cm chunks
(prepared weight)

2 garlic cloves

2 tbsp olive oil

1 small onion, finely chopped

250g plain flour, plus extra
for dusting

½ tsp ground turmeric

125g cold butter, cut into small
pieces, plus extra for the tin

2 egg yolks, plus 1 whole egg,
beaten (use the leftover whites
to make the meringues)

grating of nutmeg

½ tsp chilli flakes (optional)

200g feta, crumbled

1 Heat the oven to 200C/180C fan/gas 6. Tip the squash and unpeeled garlic into a roasting tin, drizzle with 1 tbsp oil, season and toss to coat. Roast for 30 mins, stirring halfway through, until soft. Remove from the oven and leave to cool.

2 Meanwhile, cook the onion in a frying pan over a medium heat with the remaining 1 tbsp oil for 8-10 mins until tender and slightly golden. Leave to cool.

3 Tip the flour, turmeric and a pinch of salt into a food processor. Add the butter and whizz until the mixture resembles fine crumbs. Add the egg yolks and 2 tsp cold water, and blitz again until the mixture starts to clump together. Squeeze it between your fingers – if it sticks together, tip the mixture onto a work surface. If it's too dry, add more water, 1 tsp

at a time. Knead the pastry a few times just to bring it together, but don't overwork it. Shape into two circles, one slightly smaller than the other, then wrap in baking parchment and chill in the fridge for at least 20 mins.

4 Squeeze the garlic from its skins into the roasted squash and mash together. Add the fried onion, grate over some nutmeg, tip in the chilli flakes, if using, and feta, and mix.

5 Butter six holes of a muffin tin and line each with a strip of baking parchment that overhangs the top. Roll the larger circle of pastry out on a lightly floured surface to the thickness of 2.8mm. Use a 10cm cutter to stamp out six circles (you may need to re-roll the pastry to get all six). Press the pastry circles into the prepared muffin tin, patching

any cracks with the pastry offcuts. Spoon in the squash filling.

6 Roll the remaining pastry circle out as you did the large one, but use an 8cm cutter to cut out six lids. Cut spooky pumpkin faces into the lids using a small, sharp knife. Press the lids over the pies in the tin and brush with the beaten egg. Bake for 40 mins until golden brown, then leave to cool for 10 mins in the tin before lifting out. Eat hot or leave to cool completely. *Will keep in an airtight container in the fridge for up to two days or the freezer for up to two months. Reheat in a low oven for 10 mins, if you like.*

GOOD TO KNOW calcium • 1 of 5-a-day

PER SERVING 493 kcal • fat 31g • saturates 17g •
carbs 40g • sugars 5g • fibre 4g • protein 12g •
salt 1.3g





Freaky fruit platter

SERVES 12 **PREP** 30 mins plus chilling **NO COOK** **EASY** **V**

For the mummy bananas

70g white chocolate, plus extra for sticking on the eyeballs
3 small bananas, peeled and cut in half crosswise
eyeball cake decorations or black writing icing or edible ink pen

For the tangerine pumpkins

small piece of celery
6 small tangerines, peeled

For the apple fangs

1 red apple, cored and cut into 6 wedges
2 tbsp nut butter (we used almond)
25g yogurt-coated raisins

For the lychee eyeballs

425g can lychees in juice, drained
150g blueberries
eyeball cake decorations or skewers

For the grape snakes

250g black and green grapes

short wooden skewers
black writing icing or edible ink pen, or eyeball cake decorations

1 For the mummy bananas, melt the chocolate in a heatproof bowl set over a small pan of simmering water or in the microwave in 20-second bursts. Cool to room temperature. Put the bananas on a tray lined with baking parchment and drizzle over the chocolate in a criss-cross pattern to make 'bandages'. Stick on the eyeball decorations or use black icing or an edible ink pen to draw the eyes on the bananas, then chill until set, about 30 mins (they will start to discolour after about 2 hrs).

2 For the tangerine pumpkins, cut tiny 'stalks' from the celery piece and push these into the tops of the tangerines where the segments come together.

3 For the apple fangs, cut a small wedge from the peel side of the apple wedges to make lips, then fill

the 'mouth' with the nut butter. Push the raisins into the mouth to look like wonky teeth.

4 For the lychee eyeballs, stuff each lychee with a blueberry. Stick the eyeball decorations onto the blueberry using some of the melted white chocolate from step 1, or skewer the fruit together. If you like, drop these into a punch bowl.

5 For the grape snakes, thread alternating green and red grapes onto skewers, then stick on eyeball decorations with white chocolate as in step four.

6 Arrange the freaky fruits on a large serving platter. Fill gaps with any leftover blueberries and decorate with spooky Halloween figures and decorations, if you like.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 131 kcals • fat 4g • saturates 2g •
carbs 21g • sugars 20g • fibre 2g • protein 2g •
salt 0.03g



Gory guts pizza tear 'n' share bread

SERVES 8-10 **PREP** 30 mins plus
at least 2 hrs 30 mins proving
COOK 1 hr 15 mins **MORE EFFORT**
V tomato sauce only

500g strong white bread flour, plus extra for dusting
7g sachet fast-action dried yeast
2 tbsp olive oil
2 garlic cloves, crushed
2 x 400g cans chopped tomatoes
½ tsp dried oregano
250g grated mozzarella or cheddar, or use a mixture
pizza fillings of your choice (we used olives and ham)
2 tbsp herby garlic butter

1 Tip the flour into a large bowl. Add the yeast to one side of the bowl and 2 tsp salt to the other. Pour in 300ml warm water and mix with a wooden spoon or in a stand mixer fitted with a dough hook until you have a soft dough (you may need to add up to 25ml more water if the dough seems dry). Knead on a lightly floured work surface for 10 mins or in the mixer for 5 mins until you have a soft, stretchy dough. Rub a little of the oil over the ball of dough, then put it in a clean bowl and cover with a tea towel. Leave to prove in a warm place for 2 hrs, or chill overnight (or for up to 24 hrs).

2 Heat the remaining oil in a pan over a medium heat and sizzle the garlic for 30 seconds – don't let it brown. Add the tomatoes, oregano and 2 tsp sugar. Season well. Reduce the heat to low-medium and bubble for 20-30 mins until the sauce is thick and rich. Use a potato masher to squash any remaining lumps of tomato into the sauce. Leave to cool until ready to use. *Once completely cool, will keep in the fridge in an airtight container for up to three days or the freezer for six months.*

3 When you're ready to assemble, spread the sauce over the base of a large roasting tin or baking dish (ours was 40 x 30cm). Roll the dough out on a floured surface into a 60 x 30cm rectangle. Cut the rectangle in half lengthways so you have two smaller rectangles measuring 15 x 30cm. Pile the cheese along the centre of each rectangle and add any pizza

toppings you like. Pinch the long sides of the rectangles together to enclose the fillings – do this carefully so you don't break the dough. Squeeze along the length of each long sausage to make sure they are well-sealed, and gently stretch them out to make them slightly longer. Arrange the dough sausages over the sauce seam-side down, wiggling them into the shape of intestines but leaving a little space

between for the bread to expand as it bakes. Cover and leave to prove at room temp for 30 mins or chill for up to 8 hrs. Heat the oven to 200C/180C/gas 6.

4 Bake for 45 mins until the bread is golden brown. Brush with the herby garlic butter, then leave to cool for at least 10 mins before serving.

GOOD TO KNOW 1 of 5-a-day

PER SERVING (10) 327 kcs • fat 11g • saturates 6g • carbs 42g • sugars 4g • fibre 3g • protein 14g • salt 1.6g



SKILLS FOR LIFE

KIDS' KITCHEN

In this series, we'll guide you and your children through six essential cooking skills so they can build their knowledge. This month, weighing and measuring

recipes CASSIE BEST *photographs* WILL HEAP

HOW TO USE OUR GUIDE

These recipes are suitable for children aged seven to 11, but younger children will need extra support from an adult. Older children and teenagers can still enjoy making them, though, and may want to adapt or further develop the recipes, swapping in their favourite ingredients or adding extra spices to make them their own.

The step-by-step recipes come with clear lists of

ingredients and equipment so they're easy to follow, and there are three to support each new skill: a basic one, one that's more of a challenge and another for advanced mini chefs. Talk through and practice the cooking skill with your child before making the dishes.

Follow this collection of monthly recipes as you would a cookery course, making each recipe with your child to help develop their skills and confidence.

Part 2



Weighing & measuring

Weighing and measuring ingredients are fundamental skills in cooking, and a great way for children to practice their maths skills. Once they're feeling confident in the kitchen, they can use estimation for certain recipes, such as stir-fries, pasta sauces or stews. But, if you want to get a recipe just right, you need to weigh and measure carefully. This is especially important when baking cakes, biscuits and bread. There are many ways to weigh and measure ingredients and different pieces of equipment you can use

to help you. Teach your kids how to use these various bits of kitchen kit and they'll be able to make almost anything.

BEFORE YOU START

- Make sure you have everything you need for the recipe – there's nothing worse than getting halfway through and discovering you're missing a vital ingredient or piece of equipment. Weighing and measuring your ingredients out before you start will help you feel more organised.

Ways to weigh & measure

Digital scales

To get accurate measurements, it's best to use digital scales. First, turn them on, then place a bowl or jug on the scales. Reset the display to zero by pressing the 'tare' or 'on' button and make sure they're set to the correct metric (we use 'g' for grams and 'ml' for millilitres at BBC Good Food). Tip or pour the ingredient into the bowl or jug until you reach the correct measurement.

Mechanical scales

This type of weighing scale uses a spring to weigh ingredients. Mechanical scales come in all sorts of shapes and sizes and are not as accurate as digital scales, but are easier to use.

Measuring jug

You can use scales or a jug to measure liquid ingredients such as water, milk or oil. Use a clear plastic or glass jug with the measurements marked on the side.

Spoon measures

For measuring smaller quantities, it's useful to use spoon measures – not the ones you'll find in the cutlery drawer, though! Spoon measures come in:

tablespoon (tbsp) = 15g

teaspoon (tsp) = 5g

½ tsp = 2.5g

¼ tsp = 1.25g

To measure accurately, fill the measuring spoon right to the top by scooping up the ingredient, then swipe across the top of the spoon measure with your finger or a knife to level it.

Cup measures

You may find cup measures in American or Australian recipes, but we don't use these in BBC Good Food recipes.



BASIC SKILL
Chocolate overnight oats

TWIST IT
Twist the flavour in these overnight oats by swapping a few ingredients. Leave out the cocoa and raspberries and try these additions instead:

Carrot cake overnight oats add ½ carrot, grated, a pinch of ground cinnamon and 1 tbsp raisins to each

Nutty apple overnight oats add ½ apple, grated, and 1 tbsp nut butter to each

Totally tropical overnight oats use coconut milk and coconut yogurt, then top with chopped pineapple or mango

Find the method on the next page

MAKES 2 **PREP** 15 mins plus overnight chilling **NO COOK EASY V**

80g porridge oats
4 tbsp natural or coconut yogurt
2 tsp cocoa powder
2 tsp honey or maple syrup, plus a drizzle

300ml milk of your choice

8 raspberries

You'll also need
weighing scales

small measuring jug
tablespoon
teaspoon
cutlery knife
dessert spoon
2 jam jars, bowls or small containers for serving

GOOD TO KNOW calcium

PER SERVING 331 kcal • fat 9g • saturates 4g • carbs 46g • sugars 19g • fibre 4g • protein 15g • salt 0.3g



1

Step 1

If you have digital scales, place one of the jars, bowls or containers on the scales and reset to zero. Weigh 40g oats into the jar, then repeat with the second jar.

Step 2

Fill a tablespoon measure right to the top with yogurt, add it to one of the jars and repeat in the same jar (so you've added a total of 2 tbsp yogurt). Repeat with the second jar.

Step 3

Fill a teaspoon measure right to the top with cocoa powder and use a cutlery knife to swipe across the top of the spoon, knocking any excess cocoa back into its container. Tip the cocoa into one of the jars, then repeat with the second jar.

Step 4

Rinse the teaspoon measure under warm water to wash off the cocoa powder, then use it to measure a teaspoon of honey or maple syrup. Add this to one of the jars, then repeat with the second jar.

Step 5

Slowly measure 300ml milk into a jug, then pour roughly half of the milk into one jar and the rest into the second – you can estimate this rather than weighing again.

Step 6

Stir each of the jars well until the ingredients are combined and the mixture is chocolatey brown. Top each jar with a drizzle of honey and 4 raspberries, then chill overnight to enjoy for breakfast the next day.



2



3



4



5



6

Know your milk

Think milk only comes from cows? Think again! There are many different varieties of milk available, and it's fun to experiment with them. Oat and soya milks are creamy with a neutral flavour, while almond and coconut milks add a nutty taste. Dairy-free milks are usually fortified with calcium and other nutrients and minerals.

THE NEXT LEVEL

Cheesy cornbread



Frozen food heroes

Using frozen food like sweetcorn or peas is a great way to prevent waste, as you only defrost or cook as much as you need. Frozen fruit and veg also often contains more nutrients than fresh, as they are frozen soon after picking, which locks in all the good stuff while it's at its best.

SERVES 8 **PREP** 10 mins
COOK 30 mins **EASY**

50g butter, plus extra for the tin
225g fine cornmeal
140g plain flour
1 tsp caster sugar
2 tsp baking powder
2 x 284ml cartons buttermilk, or
use natural yogurt
2 eggs
100g can sweetcorn (drained
weight), or use frozen
50g cheddar, grated

You'll also need

weighing scales
23cm round cake tin
teaspoon
measuring jug
large bowl
small bowl
fork
grater
spatula
oven gloves

1 Heat the oven to 230C/210C fan/gas 8 and butter a 23cm cake tin or ovenproof frying pan. Tip the cornmeal, flour, sugar, baking powder and $1\frac{1}{2}$ tsp salt into a large bowl. Beat the buttermilk or yogurt and eggs together in a small bowl using a fork. Pour the wet ingredients into the dry, then add most of the sweetcorn and most of the cheese (save a handful of each for the top). Mix together with a spatula until just combined.

2 Pour the batter into the prepared tin or frying pan. Sprinkle over the reserved sweetcorn and cheese, then bake for 30 mins until golden and a skewer inserted into the middle comes out clean, with no wet batter clinging to it.

3 Leave to cool in the pan for 10 mins, then cut into wedges and serve warm. *Once completely cool, will keep in an airtight container for two days, or the freezer for a month.*

PER SERVING 296 kcal • fat 11g • saturates 6g •
carbs 39g • sugars 5g • fibre 2g • protein 10g
• salt 1.6g

CHALLENGE YOURSELF

Easy tomato risotto



SERVES 4 **PREP** 10 mins

COOK 10 mins **EASY** **V** *****

25g butter
 1 onion, chopped
 3 garlic cloves, crushed
 300g risotto rice
 1 vegetable or chicken stock cube,
 or use 700ml fresh stock
 400g can cherry tomatoes
 50g parmesan or vegetarian
 alternative, grated
 small handful of basil, leaves picked
You'll also need
 weighing scales
 measuring jug
 chopping board
 sharp knife
 garlic crusher
 can opener
 grater
 large ovenproof pan with a lid
 wooden spoon
 oven gloves

1 Heat the oven to 200C/180C fan/
 gas 6. Melt the butter in a large
 ovenproof frying pan over a
 medium heat and fry the onion for

3-4 mins until starting to soften.
 Add the garlic and cook for another
 minute, stirring the whole time. Tip
 in the rice and mix well to coat in
 the buttery onion mixture.

2 If you're using a stock cube, boil
 the kettle. Crumble the stock cube
 into a jug and carefully measure in
 700ml hot water from the kettle,
 stirring to dissolve the cube. If
 using fresh stock, warm this in a
 pan over a low heat until steaming.

3 Add the cherry tomatoes and hot
 stock to the rice, season with salt
 and pepper and stir to combine.

4 Cover with a tightly fitting lid and
 bake for 20 mins. Carefully remove
 from the oven using oven gloves and
 stir – the rice should be just cooked,
 with a little bite. The risotto may
 still look quite runny at this stage.

5 Stir through most of the cheese,
 replace the lid and leave to stand for
 3-4 mins. Sprinkle with the rest of
 the cheese and the basil to serve.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 411 kcal • saturates 6g • carbs 65g •
 sugars 3g • fibre 3g • protein 14g • salt 1.3g

Grow your own

Basil is easy to grow in a pot on a sunny
 windowsill or in a greenhouse. Buy seeds
 and plant in a large pot. Make sure to
 water them regularly – the seeds will
 start sprouting within a week or two.

Don't waste it

The hard edge of parmesan cheese,
 called the rind, is packed with flavour.
 Instead of throwing it away, use it to add
 deeply savoury notes to your dishes. Boil
 it in the base of a broth or soup (such as
 minestrone), or add it to a pan of creamy
 beans to serve with sausages. Don't
 forget to remove it before serving,
 though – it's only there for flavour
 and will be too hard to eat!

**NEXT
 MONTH**
 learn to
 safely boil
 liquids

The background of the poster features a collection of colorful ceramic dishes, including plates, bowls, and mugs, in shades of teal, light green, and light pink. The items are arranged in a casual, overlapping manner. At the top center, the brand name 'simply kitchen' is enclosed in a red-outlined oval. On the left side, a large red-outlined circle contains the promotional text. The background is a solid light grey.

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health

Delicious recipes and top nutrition tips



pack it up

healthy lunches

These speedy midday meals are filling and healthy – ideal for fuelling you through the day

recipes ESTHER CLARK photographs RYAN BALL



Bombay potato frittata



SERVES 2 **PREP** 15 mins
COOK 35 mins **EASY** **V**

4 new potatoes, sliced into 5mm rounds
100g baby spinach, chopped
1 tbsp rapeseed oil
1 onion, halved and sliced
1 large garlic clove, finely grated
½ tsp each ground coriander and ground cumin
¼ tsp each black mustard seeds and turmeric
3 tomatoes, roughly chopped
2 large eggs
½ green chilli, deseeded and finely chopped
1 small bunch of coriander, finely chopped
1 tbsp mango chutney
3 tbsp fat-free Greek yogurt

1 Cook the potatoes in a pan of boiling water for 6 mins, or until tender. Drain and leave to steam-dry. Meanwhile, put the spinach in a heatproof bowl with 1 tbsp water. Cover and microwave for 3 mins on high, or until wilted.

2 Heat the rapeseed oil in a medium non-stick frying pan. Add the onion

and cook over a medium heat for 10 mins until golden and sticky. Stir in the garlic, ground coriander, ground cumin, mustard seeds and turmeric, and cook for 1 min more. Add the tomatoes and wilted spinach and cook for another 3 mins, then add the potatoes.

3 Heat the grill to medium. Lightly beat the eggs with the chilli and most of the fresh coriander and pour over the potato mixture. Grill for 4-5 mins, or until golden and just set, with a very slight wobble in the middle.

4 Leave to cool, then slice into wedges. Mix the mango chutney, yogurt and remaining fresh coriander together. Serve with the frittata wedges.

GOOD TO KNOW healthy • low fat • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 317 kcal • fat 12g • saturates 2g • carbs 29g • sugars 16g • fibre 6g • protein 20g • salt 0.6g



Wasabi chicken rice salad



SERVES 1 **PREP 15 mins**
NO COOK EASY

70g frozen edamame
½ tsp wasabi paste
2 tbsp fat-free natural yogurt
1 lime, juiced
1 tbsp sesame oil
70g cooked rice
3 radishes, quartered
1 tsp sesame seeds
1 cooked boneless, skinless chicken breast, sliced
¼ sheet dried seaweed, sliced into strips

1 Put the edamame in a heatproof bowl and cover with boiling water. Leave for 10 mins, then drain. Mix the wasabi paste with the yogurt, lime juice and sesame oil.
2 Toss the rice with the edamame and radishes. Top with the sesame seeds, chicken and seaweed, then drizzle over the dressing to serve.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • 1 of 5-a-day • gluten free

PER SERVING 568 kcals • fat 22g • saturates 4g • carbs 33g • sugars 9g • fibre 7g • protein 55g • salt 0.4g

Lime prawn cocktail pitta salad



SERVES 1 **PREP 10 mins** **COOK 15 mins** **EASY**

½ wholemeal pitta	½ lime, zested and juiced, plus wedges to serve
½ tbsp rapeseed oil	60g cooked king prawns
1 tsp Tabasco	1 Little Gem lettuce, leaves separated
1 tsp low-sugar, low-salt ketchup	¼ small cucumber, peeled into ribbons
1 tbsp low-fat mayonnaise	4 cherry tomatoes, halved
1 tbsp fat-free natural yogurt	

1 Heat the oven to 200C/180C fan/gas 6. Slice the pitta into triangles, put on a baking sheet and drizzle over the oil. Bake for 10-15 mins until golden and crisp.
2 Mix together the Tabasco, ketchup, mayo, yogurt and lime zest and juice. Toss the prawns in the dressing.
3 Layer the lettuce, cucumber, tomatoes and dressed prawns in a lunchbox or jar. Season, top with the pitta chips and serve with lime wedges.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 3 of 5-a-day

PER SERVING 345 kcals • fat 16g • saturates 1g • carbs 26g • sugars 12g • fibre 7g • protein 19g • salt 1.4g





cheesy pasta

Enjoy a filling vegetarian supper packed with nutritious greens and creamy ricotta

recipe SARA BUENFELD photograph MIKE ENGLISH

Spinach & ricotta penne

Most people know that spinach is a powerhouse of nutrients, but we also use leeks in this recipe, a veg that is known to improve digestion, strengthen the immune system and reduce inflammation.

LOW CAL

VIT C

FIBRE

SERVES 2 **PREP** 10 mins

COOK 20 mins **EASY V**

175g wholemeal penne
2 tsp rapeseed oil
2 large garlic cloves,
finely grated
2 thin leeks (160g),
thinly sliced
250g baby spinach leaves
85g ricotta
3 tbsp milk
1 tbsp finely grated parmesan
or vegetarian alternative
grating of nutmeg

1 Cook the pasta following pack instructions until al dente, about 12 mins.
2 Meanwhile, heat the oil in a deep frying pan over a medium heat and cook the garlic and leeks for 5 mins, stirring until soft. Add the spinach, cover and cook for 3 mins more until wilted. Stir well.
3 Mix the ricotta with the milk, cheese and a grating of nutmeg. Drain the pasta (reserving a mugful of the water), and add it to the veg. Pour over the ricotta mixture and toss well to combine. Add 3-4 tbsp of the reserved pasta water to loosen a little, then serve.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • 2 of 5-a-day

PER SERVING 422 kcals • fat 13g • saturates 6g • carbs 51g • sugars 5g • fibre 11g • protein 19g • salt 0.4g



5 healthy ideas

lentils

Try our simple ways to add this protein-rich legume to your diet

Crispy paprika chicken with tomatoes & lentils

SERVES 2 **PREP** 10 mins **COOK** 20 mins **EASY**

Put **2 chicken breasts** between two sheets of baking parchment and roll out to a 1cm thickness using a rolling pin. Rub with $\frac{1}{2}$ **tsp paprika**, the **zest of $\frac{1}{2}$ lemon**, $\frac{1}{2}$ **tbsp rapeseed oil**, and a little salt and pepper. Heat **1 tbsp rapeseed oil** in a large pan and add **1 crushed garlic clove**, **1 tsp fennel seeds** and **1 sliced fennel bulb**. Cook for 5 mins until starting to soften, then tip in a **400g can cherry tomatoes**, **1 tbsp sherry vinegar** and **200g cooked puy lentils**. Turn down the heat and simmer for 8-10 mins. Heat another non-stick frying pan over a high heat, add the chicken breasts and cook for 7 mins, turning halfway, until golden brown and cooked through. Add **100g watercress** to the lentils and stir to wilt, then squeeze in some **lemon juice** to taste. Slice the chicken, then serve it alongside the lentils with a **dollop of yogurt** and a **small handful of dill**.

GOOD TO KNOW healthy • gluten free
PER SERVING 517 kcals • fat 14g • saturates 2g • carbs 36g • sugars 12g • fibre 13g • protein 55g • salt 1.5g

Red lentil & chorizo soup

SERVES 6 **PREP** 10 mins
COOK 50 mins **EASY**

Heat **1 tbsp olive oil** in a large pan. Add **200g cooking chorizo**, peeled and diced, and cook until crisp. Remove with a slotted spoon. Set aside. Fry **1 chopped onion**, **2 chopped carrots** and **pinch of cumin seeds** in the chorizo oil for 10 mins until softened, then add **3 chopped garlic cloves** and fry for 1 min. Add **1 tsp smoked paprika** and a pinch of sugar and cook for 1 min, then add a **splash of red wine vinegar**. Bring to a simmer, then tip in **250g red lentils**, **2 x 400g cans chopped tomatoes** and **850ml low-sodium chicken stock**. Simmer for 30 mins. Blitz with a hand blender until smooth. Top with **yogurt**, a drizzle of olive oil and the chorizo to serve.

GOOD TO KNOW healthy
PER SERVING 260 kcals • fat 13g • saturates 5g • carbs 16g • sugars 10g • fibre 7g • protein 18g • salt 1.1g

Rosemary & garlic lentils

SERVES 4 **PREP** 5 mins
COOK 10 mins **EASY** **V**

Heat **2 tbsp olive oil** in a medium pan over a medium heat and fry **1 tbsp finely chopped rosemary** and **2 crushed garlic cloves** for 1-2 mins until fragrant. Tip in **2 x 400g cans lentils**, drained, and cook for a few minutes until heated through. Add the **juice of $\frac{1}{2}$ lemon**, season and serve hot or cold.

GOOD TO KNOW healthy • gluten free
PER SERVING 157 kcals • fat 6g • saturates 1g • carbs 18g • sugars 1g • fibre 8g • protein 8g • salt 1.3g

Miso roast salmon, lentil & pomegranate salad

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY**

Heat the oven to 200C/180C fan/gas 6. Cook **80g dried puy lentils** in a pan of boiling water over a medium-low heat for 20 mins until tender. Meanwhile, mix **1 tsp miso paste** with **1 tsp finely grated ginger**, **1 finely grated garlic clove**, the **juice of $\frac{1}{2}$ lime**, **1 tsp olive oil** and $\frac{1}{2}$ **tsp sesame seeds**. Put **2 skinless salmon fillets** on a foil-lined baking tray and spread 1 tbsp of the miso mixture over them. Roast for 10-12 mins until cooked through. Tip the rest of the miso into a bowl with 1 tsp grated ginger and the juice of $\frac{1}{2}$ lime. Add the **zest of 1 lime**, **1 tsp apple cider vinegar**, **2 finely chopped carrots**, **60g pomegranate seeds**, **3 sliced spring onions** and a **handful of coriander**. Drain the lentils and toss into the salad.

GOOD TO KNOW healthy • fibre
PER SERVING 503 kcals • fat 20g • saturates 4.1g • carbs 27g • sugars 11g • fibre 10g • protein 47g • salt 0.6g

Buckwheat with charred baby aubergines

SERVES 4 **PREP** 15 mins
COOK 20 mins **EASY** **V**

Heat the grill to its highest setting. Grill **350g halved baby aubergines** on a baking sheet, cut-side up, for 10-15 mins until softened. Meanwhile, heat a griddle pan over a high heat. Cook **8 whole spring onions** for 5-6 mins until softened and charred. Remove and set aside. Tip **250g buckwheat** into a frying pan and dry-fry over a medium heat for 3 mins until lightly toasted. Cook the buckwheat in a medium pan of water for 4-5 mins, then drain and toss with **2 tbsp rapeseed oil**. Leave to cool for 5 mins. Toss the warm buckwheat, a **400g can green lentils**, drained, **30g dried cherries**, **8 walnuts**, the **juice of 1 lemon**, $\frac{1}{2}$ **tsp chilli flakes** and most of a **small bunch of dill** in a bowl. Spread out on a serving plate and top with the aubergines, spring onions, remaining dill and **30g crumbled goat's cheese**.

GOOD TO KNOW healthy • low cal • gluten free
PER SERVING 441 kcals • fat 14g • saturates 2g • carbs 61g • sugars 5g • fibre 8g • protein 13g • salt 0.3g

Crispy paprika chicken with tomatoes & lentils





FEBRUARY 30

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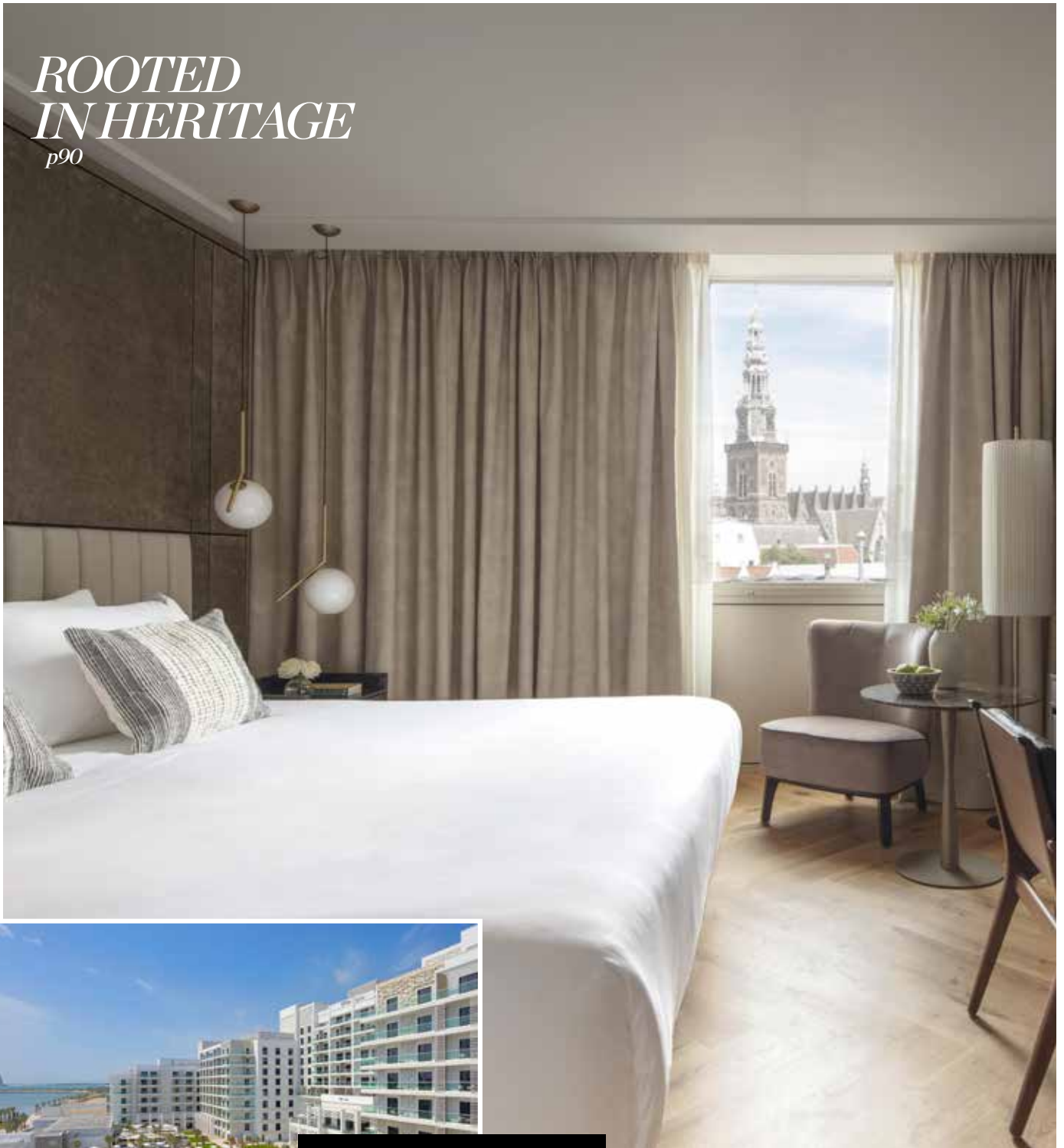
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GOURMET LIFESTYLE

*ROOTED
IN HERITAGE*
p90



Competitions, p95

A photograph of the Grand Hotel Krasnapolsky in Amsterdam. The building is a multi-story structure with a mix of brick and light-colored stone or concrete. It features numerous windows, some with black frames and others with white frames. A large tree with green leaves is in the foreground on the left, partially obscuring the building. A flagpole with a Dutch flag is visible on the roof. The text 'GRAND HOTEL' is visible on the roofline.

Rooted in heritage

Anantara Hotels, Resorts & Spas makes its entry into the Netherlands with Anantara Grand Hotel Krasnapolsky Amsterdam, a momentous building steeped in over 155 years of history







Autumn and winter are great seasons to visit Amsterdam and nearby cities in The Netherlands. At the beating heart of Amsterdam, facing the Royal Palace and Dam Square, you will spot Anantara Grand Hotel Krasnapolsky. The building dates back to 1856, when Polish tailor, Mr. Adolph Wilhelm Krasnapolsky, opened a café on the site. Growing in popularity, the tailor added rooms for rent, transforming it into a modern hotel that meets guests' needs for a lavish stay.

As you meander through the premises, monochrome images of the tailor and hotel's journey are prevalent throughout, paying tribute to the craftsmanship of Mr. Krasnapolsky. Today, the hotel has been taken over by the Anantara group and proves to be the perfect spot for business, leisure travellers and families looking for a central stay with the museum quarter, shopping districts and tourist attractions sited within walking distance.

SLEEP HERE...

Anantara's signature touches perfectly complement the contemporary refurbished suites. Neutral hues and tactile fabrics give the space warmth, adding a sense of cosiness even within the expansive layout.

The hotel's décor is a striking contrast to the exterior, lending a modern vibe from the lobby to the suites and restaurants. The Premier Suite with Dam View is the one to opt for if you are looking for a spacious stay with unrivalled city views. The open-plan suite oozes comfort with rich brown tones, parquet flooring, a plush king-size bed with a taupe leather headboard, and wall-mounted TVs facing the bed and the living area. The kitchenette-style area features a minibar teeming with local specialities and a Nespresso machine, while the bathroom features a bathtub and separate rain shower, with full-sized Amouage amenities to enhance your stay.

To experience the hotel offerings in-room, we were treated to non-alcoholic bespoke concoctions from The Tailor, adding a memorable touch as we lounged after strolling the city. A hot soak after dinner was just what we needed to recoup, and we were pleased to find a pillow menu for a restful sleep.

CULINARY OFFERINGS

There's no need to step outside the hotel for a refined dining affair. Here, you can experience The White Room, a fine-dining restaurant under the helm of former three-Michelin starred chef Jacob Jan Boerma, whose modern menu spotlights the freshest local ingredients from the Netherlands. Do make a reservation in advance.





An elegant, relaxed experience awaits diners at Grand Café Krasnapolsky and The Champagne Room, both offering direct unparalleled views onto Dam Square. The menu showcases classic dishes with a contemporary twist, seen in the Steak tartare served with gently cooked egg yolk for silkiness, pickles, radish and potato crackling for added texture. The Octopus with chorizo and crisp garlic was another highlight, with shaved fennel and a light citrus dressing, allowing the meats to take centre stage. For mains, the Entrecote steak impresses on all levels with grilled little gem and a side of layered potato pie that marries well with the moreish gravy. A stroll towards the Cake Room will leave you in awe, but also slightly overwhelmed, as the glass room features an extensive selection of handmade desserts. Fret not, as the staff are on board to recommend signature must-haves, such as the sublime chocolate cake with raspberries and hazelnuts.

The hotel's sumptuous breakfast buffet is served in the iconic inner Wintergarden, instantly recognisable by the magnificent 19th century glass roof. One of our favourite spots to dine and admire the magnificent interiors, the soothing space is quite relaxed for a breakfast venue. A quick sip of freshly brewed coffee and we were

immediately on our way to explore the spread. A selection of egg dishes at the live cooking station is available alongside the usual breakfast offerings including cereal, granola, chia pudding, cold cuts, smoked salmon, a selection of mezze, and more. Do stop by the cheese assortment to tuck into local, organic specialities from various regions. The Bastiaansen Kow Blauw (a Dutch blue mould cheese made from cow's milk) is worth a try.

EXPLORE THE FACILITIES

The landscaped Summer Garden features a serene outdoor space tucked away within the hotel, an exclusive in a central Amsterdam property. Anantara's spa is influenced by the country's coastal dunes, with tranquil interiors incorporating natural wood and stone for the ultimate in relaxation. Three treatment rooms and Finnish, wet and infrared saunas, offer a blissful retreat from the city. Squeeze in a workout at the gym equipped with Technogym and have a go at the rotating climbing wall for a fun challenge.

BOOK NOW!

Room rates from Euros 523
(approximately AED1,900) per night.
Visit anantara.com/en/grand-hotel-krasnapolsky-amsterdam

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



BBQ FEAST AT CLAW BBQ, WORTH AED750

Expect a classic all-American BBQ feast at CLAW BBQ, in the heart of JBR. Diners can look forward to a fun-fuelled day with generous portions of American comfort food, concoctions, a grand games room, DJs and all-American entertainment, or dust off your old varsity jacket and hop onto the mechanical Rodeo Bull.



ITALIAN MEAL FOR TWO AT TIMO, WORTH AED500

Indulge in an eclectic new menu at the authentic Italian restaurant Timo located at Al Jaddaf Rotana Suite Hotel. The menu boasts an array of classics including Carpaccio and tartare, Bruschetta, Bouillabaisse, Vegan tortellini, Cannelloni, quattro Fromaggi, Linguine lobster, Shrimp saffron risotto, White truffle pizza, Angus beef fillet and Braised lamb shank, to name a few. One lucky winner will enjoy this unique Italian dining experience with delightful concoctions.



TJ'S SPORTS BAR AT TAJ JUMEIRAH LAKE TOWERS, WORTH AED500

TJ's at Taj Jumeirah Lakes Towers features quirky décor that evokes an old-school charm, making it the perfect place to escape from the hustle and bustle of the city. Diners can watch live sports, have an informal meeting, and enjoy after-work concoctions or chilled hops with friends, colleagues, and family. The a la carte menu features Sloppy nachos, Vegetarian and non-vegetarian burgers, Steak and mushroom pie, Durban bunny chow, Pizzas, Fish n chips, Spicy barbeque chicken wings and the TJ's dirty burger, to name a few dishes.



TWO-NIGHT STAY AT LE MERIDIEN FAIRWAY, WORTH AED500

Stand a chance to win a two-night stay in the Deluxe room with complimentary breakfast at the gorgeous Le Meridien Fairway. Two guests can enjoy culinary delights from four signature restaurants and make use of the fitness studio, an indoor sauna, and an outdoor swimming pool. Situated close to Dubai Creek, Le Meridien Fairway is the perfect retreat to unwind.



WARNER BROTHER'S DINING EXPERIENCE AT THE DIRECTOR'S CLUB, WORTH AED750

Enjoy an immersive dining experience at The Directors' Club, an elegant restaurant at The WBTM Abu Dhabi, Curio Collection by Hilton. The movie scene-inspired venue serves perfectly aged cuts from charcoal grills, artisanal blends and an extensive international grape selection. One winner can take along a guest to this contemporary restaurant adorned with photos of renowned Warner Bros. directors, from Steven Spielberg to Tim Burton and Martin Scorsese.



INDIAN MEAL AT KHYBER RESTAURANT, DUKES PALM JUMEIRAH, WORTH AED500

The award-winning Indian restaurant, Khyber brings authentic North Indian flavours and fresh spices that are palate pleasing, promising to take diners on a culinary journey through the majestic Mughal era. One lucky winner will get to enjoy a mouthwatering meal, whilst taking in breathtaking views of the Arabian Gulf.



SPA AND AFTERNOON TEA AT HILTON ABU DHABI YAS ISLAND, WORTH OVER 1,250

Need a little pampering to unwind? Stand a chance to win a reinvigorating massage at eforea Spa and after, enjoy afternoon tea for two at the majestic Hilton Abu Dhabi Yas Island. The afternoon tea features delectable treats such as Raspberry and violet profiterole, Chocolate and peach tart and Salmon and avocado brioche, amongst other delicacies.



DINNER FOR FOUR AT LIWAN RESTAURANT, SWISSOTEL AL GHURAIR, WORTH OVER AED500

Experience a sumptuous seafood buffet at Liwan Restaurant, Swissotel Al Ghurair with loved ones. The menu serves a fresh selection of seafood and salads including the Shrimp cocktail, Spiced calamari, Thai shrimp, Scandinavian salmon gravlax, Oysters, Soups, a Mongolian grill and decadent desserts. A family of two adults and two children will get the chance to indulge in a seafood feast at Liwan Restaurant, Swissotel Al Ghurair.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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